



Serrano Ham, Blue Cheese and Pear Salad

with Smashed Potatoes, Baby Gem and Mustard Dressing

26

Calorie Smart 40-45 Minutes • 1 of your 5 a day • Under 650 Calories



Potatoes



Pear



Baby Gem Lettuce



Wholegrain Mustard



Dijon Mustard



Cider Vinegar



Serrano Ham



Crumbled Blue Cheese



Serrano Ham

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Pear**	1	2	2
Baby Gem Lettuce**	1	2	2
Wholegrain Mustard 9)	17g	25g	34g
Dijon Mustard 9) 14)	10g	15g	20g
Cider Vinegar 14)	15ml	30ml	30ml
Serrano Ham**	4 slices	6 slices	8 slices
Crumbled Blue Cheese** 7)	30g	60g	60g
Serrano Ham**	4 slices	6 slices	8 slices
Pantry	2P	3P	4P
Sugar for the Dressing*	2 tsp	3 tsp	4 tsp
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	437g	100g	467g	100g
Energy (kJ/kcal)	1950 /466	446 /107	2242 /536	480 /115
Fat (g)	17.3	4.0	20.1	4.3
Sat. Fat (g)	4.9	1.1	5.7	1.2
Carbohydrate (g)	59.1	13.5	59.1	12.6
Sugars (g)	16.9	3.9	16.9	3.6
Protein (g)	20.3	4.6	31.4	6.7
Salt (g)	2.93	0.67	4.73	1.01

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **9)** Mustard **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Roasting

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the **potatoes** into 3cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf for 20 mins - you'll roast them for longer once you've crushed them.



Smash your Potatoes

When the **potatoes** have cooked for 20 mins, remove them from the oven.

Use the bottom of a bowl or pan to lightly crush each **potato**.

Drizzle the **smashed potatoes** with more **oil**, then return to the top shelf of your oven until crispy and golden, 10-15 mins.



Prep your Salad

While the **potatoes** roast, quarter the **pear** lengthways, remove the core and chop into small pieces (no need to peel).

Trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.



Hello Serrano

Meanwhile, pop the **Serrano ham** onto another baking tray.

Bake on the middle shelf of your oven until crisp and golden, 5-7 mins, then set aside.

CUSTOM RECIPE

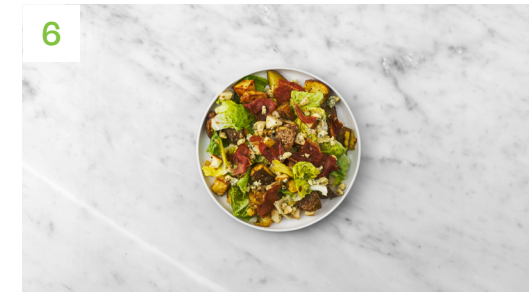
If you've chosen to double up on **Serrano ham**, cook the recipe in the same way.



Make the Mustard Dressing

Put the **wholegrain mustard**, **Dijon mustard** and **cider vinegar** into a large bowl. Add the **sugar** and **olive oil for the dressing** (see pantry for both amounts).

Season with **salt** and **pepper**, mix together and set your **mustard dressing** aside for serving.



Finish and Serve

Add the **lettuce** and **pear** to the **mustard dressing**, toss to coat, then stir through the **smashed potatoes**. Share the **salad** between your bowls.

Snap the **Serrano** into shards and serve on top along with a sprinkle of **blue cheese**.

Enjoy!