







More Than Food
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Gammon Steaks with Spring Onion Mash, Garlicky Spring Greens and Gooseberry Ketchup

Drum roll please for our British Fruit of the Month - the humble gooseberry. She hides in thorny bushes to elude us all, but she knows we know how deliciously sweet (and fierce) she can be. We've got you all worked out Mrs. Gooseberry ... you're a sucker for some good old garlicky spring greens and some perfectly cooked gammon steaks. So, here goes ...



40 mins



family box



gluten free



healthy



lactose free



Echalion Shallot (1)



Potato (2 packs)



Garlic Clove (1)



Spring Onions (3)



Spring Greens (1 bag)



Gooseberries (1 punnet)



Tomato Ketchup (2 tbsp)



Star Anise (1)



Cider Vinegar (1 tbsp)



Gammon Steak (4)

Ingredients

	4 PEOPLE	ALLERGENS
Echalion Shallot, chopped	1	
Potato, chopped	2 packs	
Garlic Clove, grated	1	
Spring Onion, sliced	3	
Spring Greens, sliced	1 bag	
Gooseberries	1 punnet	
Tomato Ketchup	2 tbsp	Celery
Star Anise	1	
Cider Vinegar	1 tbsp	Sulphites
Gammon Steak	4	

🍷 Our fruit and veggies may need a little wash before cooking!

LH Step for little hands

Did you know...

Gooseberries are packed with Vitamin C - 20 times more than the equivalent volume of oranges in fact!

Nutrition per serving: Calories: 552 kcal | Protein: 46 g | Carbs: 55 g | Fat: 18 g | Saturated Fat: 6 g

1



1 Put a large pot of water on to boil with $\frac{1}{2}$ tsp of **salt**. Cut the **shallot** in half through the root. Peel, and chop into small $\frac{1}{2}$ cm pieces. Peel and chop the **potatoes** into roughly 2cm pieces. Peel and grate the **garlic** (or use a garlic press if you have one!). Thinly slice the **spring onions**. Remove any outer layers off the **spring greens** if you need to, then roughly slice the **spring greens** into 1cm wide slices, discarding the tough root at the end.

4



2 Put your **shallot** in a saucepan (which has a lid) with 1 tbsp of **oil** and cook on medium-low heat for 5 mins until softened.

3 While the **shallot** is softening, put your **potatoes** in the boiling water to cook for 15-20 mins. **Tip:** *The potatoes are cooked when you can easily slip a knife through them.*

4 Once your **shallot** is soft, add the **gooseberries**, **ketchup**, **star anise** and **cider vinegar** to the pan along with 3 tbsp of **sugar** (if you have some). Put the lid on (or cover with tin foil if you don't have a lid) and cook on low-medium heat for 10 mins, (stirring occasionally) before taking off the lid and breaking the **gooseberries** up, either with a wooden spoon or a masher. Leave the lid off and cook on low heat for another 5 mins before leaving the pan to the side for later.

5



5 Put a large frying pan on medium heat with 1 tbsp of **oil**. Season each of the **gammon steaks** with a good grind of **black pepper**. Lay the **gammon steaks** in the frying pan and cook for 4 mins on one side before turning over and cooking for 3 mins on the other side. Remove your **gammon steaks** to a plate and cover with foil, leave to rest while you finish everything else off (no need to wash the pan, you'll use it later!).

7



6 Once your **potatoes** are cooked, drain them and pop them back in their pot. Add 2 tbsp of **butter** and 4 tbsp of **milk** (if you have some), along with $\frac{1}{2}$ tsp of **salt** and a good grind of **black pepper**. Add in your sliced **spring onion** and mash your **potato** until smooth. Put a lid on your pan and leave to the side until everything is ready.

7 Put 2 tbsp of **oil** in the same frying pan you cooked your **gammon** in (no need to wash), on medium heat and add the **spring greens** and 2 tbsp of **water**. Season with $\frac{1}{2}$ tsp of **salt** and a good grind of **black pepper**. **Tip:** *If you need two pans to do this, that's fine!* Cook for 2 mins before adding your grated **garlic**. Cook for another 1 minute. Then take off the heat.

8 Remove the star **anise** from your gooseberry ketchup, then serve your **gammon steaks** with your garlicky **spring greens**, your spring onion mash and your gooseberry ketchup on the side. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!