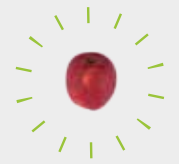




PAN-FRIED GAMMON STEAK

with Mustard Colcannon and Apple Glaze



HELLO APPLE

Did you know that apples are part of the rose family? You can see the similarity in the flowers!



Potato



Apple



Gammon Steaks



Sliced Spring Greens



Wholegrain Mustard



Chicken Stock Powder



Apple & Sage Jelly

Golden gammon steaks and caramelised apples might appear to be the winning ingredients of this simple recipe, but it's the colcannon that is set to steal the limelight. 'Colcannon' is an Irish dish, traditionally made by combining mashed potatoes and spring greens with butter, salt and pepper. We've given it our own twist by adding wholegrain mustard to the recipe.

35 mins

1 of your 5 a day

BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Large Frying Pan**, some **Kitchen Paper**, some **Foil**, a **Colander**, **Potato Masher** and **Measuring Jug**. Now, let's get cooking!



1 BOIL THE POTATO

Put a large saucepan of water with a pinch of **salt** on to boil. Chop the **potatoes** into 2cm chunks (no need to peel!). Add to the pan and cook until tender, 15-17 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* We will add the **spring greens** to the pan later so make sure there is enough water in the pan.



2 APPLE TIME

Meanwhile, chop the **apple** into small 1cm chunks (no need to peel), discarding the seeds and core. Heat a splash of **oil** in a large frying pan on medium-high heat. When the **oil** is hot, add the **apple** and cook, stirring frequently until browned and softened, 5-6 mins. Transfer to a bowl and wipe out the pan with kitchen paper. We will use it again in a moment.



3 FRY THE GAMMON

Pop the now empty frying pan back onto medium-high heat and add a splash of **oil**. When the **oil** is hot, add the **gammon steaks** and brown on both sides, 2 mins. Lower the heat to medium-low and cook for a further 3-4 mins on each side. **❗ IMPORTANT:** *The gammon is cooked when firm and the middle is no longer raw.* When cooked, transfer to a plate and wrap loosely in foil.



4 COOK YOUR GREENS!

When the **potato** has 5 mins cooking time left, add the **spring greens** to the water and cook until tender, 5 mins. Drain into a colander and allow the steam to escape for 1 minute. Return to the pan (off the heat) and mash the **potato** and **greens** with a potato masher. Mix in the **wholegrain mustard** and some **salt** and **pepper** to taste and a knob of **butter** (if you have some). Cover with a lid to keep warm while you finish off.



5 MAKE THE SAUCE

Once the **gammon** is cooked and resting on a plate it's time to make the **apple glaze**. Again, pop the empty frying pan onto medium heat and add the **water** (see ingredients for amount), **stock powder** and **apple and sage jelly**. Stir to dissolve and bring to a simmer. Stir in the cooked **apples pieces** then remove from the heat.



6 SERVE

Rewarm the **mustardy champ** over a medium heat if needed, until piping hot, then share between your plates. Slice the **gammon steak** thinly and pop on top of the **champ**. Stir any **resting juices** into the **apple glaze** and spoon this over the **gammon**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Apple *	1	2	2
Gammon Steaks *	2	3	4
Sliced Spring Greens *	1 small bag	1 large bag	2 small bags
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Water*	2 tbsps	3 tbsps	4 tbsps
Chicken Stock Powder:	½ sachet	¾ sachet	1 sachet
Apple & Sage Jelly	1 pot	1½ pots	2 pots

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 511G	PER 100G
Energy (kJ/kcal)	1805 / 432	354 / 85
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	60	12
Sugars (g)	17	3
Protein (g)	39	8
Salt (g)	1.83	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

9) Mustard

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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