



Ham Hock and Spring Green Gratin to Ham Hock Potato Salad

N° 18

DINNER TO LUNCH Dinner: 35 Minutes • Lunch: 5 Minutes • 3 of your 5 a day



-  Potato
-  Leek
-  Closed Cup Mushrooms
-  Garlic Clove
-  Spring Greens
-  Plain Flour
-  Creme Fraiche
-  Dijon Mustard
-  Knorr Chicken Stock Pot
-  Ham Hock
-  Hard Italian Style Grated Cheese
-  Tenderstem broccoli
-  Spring onion
-  Lemon
-  Peashoots

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Large Saucepan, Colander, Frying Pan, Measuring Jug and Ovenproof Dish.

2|3|4 People-Ingredients

	2P	3P	4P
Potato**	1 pack	2 packs	2 packs
Leek**	1	1½	2
Closed Cup Mushrooms**	1 small Punnet	1 large punnet	2 small punnets
Garlic Clove**	1	2	2
Spring Greens**	1 bag	1 bag	2 bags
Plain Flour 13)	8g	12g	24g
Water*	100ml	150ml	200ml
Creme Fraiche 7)**	1 pouch	1½ pouches	2 pouches
Dijon Mustard 9)	1 pot	1 pot	1 pot
Knorr Chicken Stock Pot	1	1½	2
Ham Hock**	200g	250g	325g
Hard Italian Style Grated Cheese 7) 8)**	1 pack	1½ packs	2 packs
Tenderstem Broccoli**	1 pack	1 pack	1 pack
Spring Onion**	2	3	4
Lemon**	1	1	1
Peashoots**	1 bag	1 bag	1 bag
Olive Oil*	1tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

DINNER	Per serving 578g	Per 100g
Energy (kJ/kcal)	2307/ 551	399/ 95
Fat (g)	32	6
Sat. Fat (g)	15	3
Carbohydrate (g)	44	8
Sugars (g)	7	1
Protein (g)	31	5
Salt (g)	3.73	0.65
LUNCH	Per serving 368g	Per 100g
Energy (kJ/kcal)	1050/ 252	285/ 68
Fat (g)	4	1
Sat. Fat (g)	0.95	1
Carbohydrate (g)	35	10
Sugars (g)	3	1
Protein (g)	20	6
Salt (g)	1.15	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Gluten

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.



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1. Boil the Potatoes

Fill a large saucepan with **water** and bring to the boil. Chop the **potatoes** into 2cm chunks (no need to peel!). Once boiling, pop the **potatoes** into the pan and cook until just tender, 10-12 mins.

TIP: *The potatoes are cooked when you can easily slip a knife through the middle.* Once cooked, drain in a colander and set to one side. Keep the pan.



4. Grill

Refill your saucepan with **water** and bring to the boil. Meanwhile, transfer the **filling** into a small ovenproof dish. Leaving 2 small portions of **potatoes** to the side, distribute the rest of the **potatoes** on top of the **creamy filling**. Sprinkle the **hard Italian style cheese** all over the top, then pop under the grill until golden and bubbling, 8-10 mins.



2. Get Prepared

Meanwhile, trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Quarter the **mushrooms**. Peel and grate the **garlic**. Heat a splash of **oil** in a frying pan over medium-high heat. Once hot, add the **mushrooms** and stir-fry until starting to brown, 5-6 mins. Add the **leek**, cook for 2 mins, then add the **spring greens** and **garlic** to the pan. Cook until wilted, 2-3 mins, stirring regularly.



5. Cook the Tenderstem

Halve the **tenderstem** widthways. Once the **water** is boiling, add the **tenderstem** and cook until tender, 3-4 mins. Meanwhile, trim and thinly slice the **spring onions** and zest **half** your **lemon**. Once the **broccoli** has cooked, drain in a colander and quickly run under **cold water** until cool. Set to one side, this is for your lunch. Time to eat the **gratin!** Once the **gratin** is ready, divide between your bowls. **Dig in!**



3. Cook the Filling

Once the **greens** have wilted, stir the **flour** into the pan. Stirring continuously, cook for 1 minute then pour in the **water** (see ingredients for amount), **creme fraiche**, **Knorr stock pot** and **half** the **mustard**. Stir until everything is well combined, slowly bring to the boil, then remove the pan from the heat. Keep **100g** of **ham hock** for your lunch and gently mix the rest into the **creamy sauce**. Season to taste with a good pinch of **salt** and **pepper**. Preheat your grill to high.



6. Pack your Lunch!

To finish the **salad**, pop the **broccoli**, **peashoots**, **spring onions**, reserved **potatoes** and **ham hock** into a bowl. Gently toss together, then transfer to suitable containers. Mix the remaining **mustard**, a squeeze of **lemon juice**, a pinch of **lemon zest** and the **olive oil** (see ingredients for amount) together and pour into small containers. Refrigerate overnight. Dress the **salad** when ready to eat.

Enjoy!

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