



HONEY-MUSTARD GAMMON

with Mashed Potato, Roasted Carrot and Creamy Parsley Sauce



HELLO CARROT

Carrots were among plants grown in the Hanging Gardens of Babylon in the 8th century BC!



Carrot



Flat Leaf Parsley



Potato



Dijon Mustard



Gammon Steak



Chicken Stock Powder



Crème Fraîche



Honey

MEAL BAG
18

Hands on: **30** mins
Total: **45** mins

1 of your
5 a day

Family Box

Pineapple rings and other culinary crimes have done much to tarnish gammon's reputation, but treated simply and shown some respect it can be a bit of a classic. Here we've given it a honey-mustard glaze. It's sweet but with a bit of a kick and pairs beautifully with the savoury, salty meat. Add some mash, roasted carrots and a creamy parsley sauce and you've got yourself a bit of a feast.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, some **Baking Paper**, a **Baking Tray**, **Colander**, **Potato Masher**, **Mixing Bowl**, **Frying Pan**, some **Foil** and a **Measuring Jug**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C and bring a large saucepan of water to the boil with a pinch of **salt**. Trim the **carrot** (no need to peel) and chop into batons roughly the size of your little finger. Roughly chop the **parsley** (stalks and all).



2 ROAST THE CARROT

Pop the **carrot** on a lined baking tray along with a splash of **oil** and a pinch of **salt** and **pepper**. Toss to coat the **carrot** in the oil and seasoning. Roast on the top shelf of your oven until soft and golden, 20-25 mins. Turn halfway through cooking.



3 COOK THE POTATO

Meanwhile, chop the **potato** into 3cm chunks (no need to peel). Pop it into the pan of boiling water. Cook for 15-20 mins.

★ **TIP:** *The potato is cooked when you can easily slip a knife through.* When cooked, drain in a colander and return to the pan. Add a knob of **butter** and splash of **milk** (if you have them) along with a pinch of **salt** and **pepper**. Mash with a potato masher until smooth. Cover with a lid to keep warm.



4 FRY THE GAMMON

While the potato cooks, combine the **mustard** (be careful, it's spicy! Use less if you're not a fan of heat) and **honey** with some **pepper** in a mixing bowl. Add the **gammon** and coat in the **mixture**. Heat a splash of **oil** in a frying pan on medium-high heat and lay in the **gammon**. Cook for 5 mins on each side. Transfer to a plate and cover with foil to rest.

❗ **IMPORTANT:** *The gammon is cooked when the centre looks the colour of cooked bacon.*



5 MAKE THE SAUCE

Add the **water** (see ingredients for amount) and the **stock powder** to the now empty frying pan. Stir to dissolve the **stock powder** and 'de-glaze' the pan. ★ **TIP:** *This will get all the meaty bits from the pan into the sauce.* Simmer the **sauce** until reduced by a third, 2-3 mins. Take off the heat and stir in the **parsley** and **crème fraîche**.



6 SERVE

Serve the **gammon** with the **roasted carrot** on the side, a good dollop of **mashed potato** and a spoonful of **creamy parsley sauce**. **Dig in!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Carrot *	3	4	5
Flat Leaf Parsley *	½ bunch	¾ bunch	1 bunch
Potato *	1 small pack	1 large pack	2 small packs
Dijon Mustard 9)	½ pot	¾ pot	1 pot
Gammon Steak *	2	3	4
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Honey	1 sachet	1½ sachets	2 sachets
Water*	100ml	150ml	200ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 613G	PER 100G
Energy (kJ/kcal)	2360 / 564	385 / 92
Fat (g)	21	3
Sat. Fat (g)	9	1
Carbohydrate (g)	68	11
Sugars (g)	22	4
Protein (g)	38	6
Salt (g)	1.92	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 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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