



HONEY-MUSTARD GAMMON

with Mashed Potato, Roasted Veggies and Creamy Sauce



HELLO CARROT

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



Carrot



Courgette



Flat Leaf Parsley



Potato



Honey



Dijon Mustard



Gammon Steak



Chicken Stock Powder



Crème Fraîche



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 veggies and a creamy parsley sauce and you've got yourself a bit of a feast. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've also got a **Large Saucepan** (with a **Lid**), some **Baking Paper**, a **Baking Tray**, **Peeler**, **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 put a large saucepan of water with a pinch of salt on to boil for the potato. Trim the **carrot** (no need to peel) and **courgette** and chop into batons about the size of your little finger. Roughly chop the **parsley** (stalks and all).



2 ROAST THE VEGGIES

Pop the **carrot** on a lined baking tray along with a splash of **oil** and a pinch of **salt** and **pepper**. Give the tray a good shake. Roast on the top shelf of your oven for 10 mins, then add the **courgette** to the tray and shake again. Roast for a further 15 mins.



3 COOK THE POTATO

Meanwhile, peel and chop the **potato** into 3cm chunks. Pop the **potato** into your pan of boiling water. Cook for 15-20 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* 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

Combine the **honey**, **mustard** (careful, it's hot!) and 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. **★ TIP:** *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 veggies** on the side, a good dollop of **mashed potato** and a spoonful of **creamy parsley sauce**. **Dig in!**

2 - 4 PEOPLE INGREDIENTS

In order of use

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

*Not Included

✱ Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 670G	PER 100G
Energy (kcal)	578	86
(kJ)	2418	361
Fat (g)	20	3
Sat. Fat (g)	9	1
Carbohydrate (g)	69	10
Sugars (g)	24	4
Protein (g)	40	6
Salt (g)	1.92	0.29

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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