



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



English Mustard



Gammon Steak



Water



Chicken Stock Pot



Crème Fraîche

40 mins

Family Box

2 of your 5 a day

Very Hot

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 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 feast. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **200°C** and put a **Large Saucepan** of water with a pinch of salt on to boil for the potato. Make sure you've also got a **Peeler**, **Baking Tray**, **Colander**, **Potato Masher**, **Mixing Bowl**, **Frying Pan**, some **Foil** and a **Measuring Jug**. Now, let's get cooking!



1 PREP THE VEGGIES

Peel the **carrot**. Remove the top and bottom from the **carrot** and **courgette** and chop into batons roughly the size of your little finger. Roughly chop the **parsley** (stalks and all).



2 ROAST THE VEGGIES

Pop the **carrot** on a baking tray along with a splash of **oil**, a pinch of **salt** and a grind of **black 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 pieces. 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 a grind of **black pepper** and mash until smooth. Put a lid on to keep warm.



4 COOK THE GAMMON

Combine the **honey**, **mustard** (careful, it's hot!) and some **black pepper** in a mixing bowl. Add the **gammon** and coat in the **mixture**. Heat a splash of **oil** in a frying pan on medium heat and lay in the gammon. Cook for 4 mins on each side. Transfer to a plate and cover with foil to rest. **★ TIP:** *The gammon is cooked when it is no longer pink in the middle.*



5 MAKE THE SAUCE

Add the **water** (amount specified in the ingredient list) and the **chicken stock pot** to the (now empty) frying pan and stir around to dissolve the **stock pot** 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 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 **sauce**. **Dig in!**

4 PEOPLE INGREDIENTS

Carrot, chopped	4
Courgette, chopped	2
Flat Leaf Parsley, chopped	1 bunch
Potato, chopped	2 packs
Honey	2 tbsp
English Mustard ¹⁰⁾	1 tbsp
Gammon Steak	4
Water*	200ml
Chicken Stock Pot	1
Crème Fraîche ⁷⁾	1 pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	594	86
(kJ)	2504	363
Fat (g)	20	3
Sat. Fat (g)	12	2
Carbohydrate (g)	67	10
Sugars (g)	23	3
Protein (g)	42	6
Salt (g)	2.60	0.40

ALLERGENS

⁷⁾Milk ¹⁰⁾Mustard

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

👍 THUMBS UP OR THUMBS DOWN?

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