



PAN-FRIED GAMMON

with Sweet Potato Wedges and Pineapple Salsa



HELLO BROCCOLI

This vegetable is actually a flowerhead. Each of those tiny little green dots is a bud!



Sweet Potato



Pineapple Rings



Red Chilli



Coriander



Broccoli



Gammon Steaks



Lime



Juice from the Pineapple

MEAL BAG

20 mins

Rapid recipe

3 of your 5 a day

Little heat

15

GET **PREPARED!**

Preheat your Oven to 220°C.

BEFORE YOU START

🔥 **Preheat** your Oven to **220°C**. 🧼 **Wash** the veggies. 🍴 **Make** sure you've got some **Baking Paper**, a **Baking Tray**, **Frying Pan**, **Fine Grater** and some **Foil**. Let's start cooking the **Pan-Fried Gammon with Sweet Potato Wedges and Pineapple Salsa**.



1 ROAST THE WEDGES

- Chop your **sweet potato** into 1cm thick wedges (no need to peel). Pop onto a lined baking tray and drizzle with **oil**. Season with **salt** and **pepper**.
- Give your tray a shake to coat evenly then spread out and roast until soft and golden, 15-17 mins. Turn halfway through cooking.



4 MAKE THE SALSA

- While the gammon is cooking, mix the **pineapple chunks** with **half** the **chilli** and the **coriander** in a small bowl. Grate in the **zest** of the **lime** and season with **salt** and **pepper**.
- Mix in a glug of **olive oil** and the **juice** from the **pineapple chunks** (see ingredients for amount). ★ **TIP**: Be careful not to use it all.
- Taste and add a pinch of **sugar** (if you have some) and a squeeze of **lime juice** if it needs it.



2 PREP TIME

- Meanwhile, drain and reserve the **juice** from the **pineapple rings**. Chop into small chunks.
- Thinly slice the **red chilli** (remove the seeds if you're not a fan of heat).
- Roughly chop the **coriander** (stalks and all). Chop the **broccoli** into small florets.



5 FINISH OFF

- Once the **gammon** is cooked, transfer to a plate and cover with foil to keep warm.
- Wash out the frying pan, return to medium-high heat and add a splash of **oil**.
- Add the **broccoli** and remaining **chilli**.
- Stir-fry until tender, 4-5 mins.



3 COOK THE GAMMON

- Heat a splash of **oil** in a frying pan over medium-high heat. When hot, lay in the **gammon steaks**.
- Brown for 1 minute on each side. Reduce the heat to medium and cook for a further 3-4 mins on each side. ⚠️ **IMPORTANT**: The gammon needs to be cooked all the way through before eating.



6 SERVE

- When the **wedges** are ready, share between your plates and serve the **gammon** alongside.
- Add any **resting juices** from the **gammon** to the **salsa** and spoon this over the **gammon**. Serve the **broccoli** alongside.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato	250g	400g	500g
Pineapple Rings	½ tin	¾ tin	1 tin
Red Chilli	½	¾	1
Coriander	½ bunch	1 bunch	1 bunch
Broccoli	1	1½	2
Gammon Steaks	2	3	4
Lime	½	½	1
Juice from the Pineapple	1 tbsp	2 tbsp	2 tbsp

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 501G	PER 100G
Energy (kcal)	341	68
(kJ)	1427	285
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	38	8
Sugars (g)	15	3
Protein (g)	40	8
Salt (g)	1.34	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

🧼 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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