



More Than Food
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Honey Mustard Gammon Steaks with Parsley Sauce

There are quite a few versions of how curing meat to make ham and gammon came about. Some say it was the Chinese and others say it was the Gauls. Either way, we're mighty happy that they did, because gammon is so good. The saltiness of a gammon steak is absolutely divine when you add a bit of honey. So, get that honey and gammon and get cooking!

 40 mins

 gluten free

 healthy



Carrot



Courgette



Potato



Flat Leaf Parsley



Honey



English Mustard



Gammon Steaks



Chicken Stock Pot



Crème Fraîche

Ingredients

	2P	4P
Carrot, chopped	2	4
Courgette, chopped	1	2
Potato, chopped	1 pack	2 packs
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Honey	1 tbsp	2 tbsp
English Mustard 1	1 tbsp	2 tbsp
Gammon Steaks	2	4
Chicken Stock Pot	½	1
Crème Fraîche 2	1 small pot	1 large pot

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Mustard | **2)** Milk

Nutrition per serving: Calories: 598 kcal | Protein: 25 g | Carbs: 72 g | Fat: 25 g | Saturated Fat: 8 g

1



1 Pre-heat your oven to 200 degrees and bring a large pot of water to the boil with ¼ tsp of salt. Peel your carrots then chop your carrots and courgette in half lengthways, cut each half into four strips (or six if they are big ones!) and then cut them into batons roughly the length of your little finger.

add your gammon steaks. Cook for 3 mins on one side and 2-3 mins on the other side, then remove the steaks to a plate and cover with foil to rest until everything is ready. **Tip:** Watch out your steaks don't burn, if you think they are in danger just turn down the heat a little. **Tip:** Don't wash your pan...you'll use it later!

4



2 Pop the carrots on a baking tray along with 1 tbsp of oil, ¼ tsp of salt and a good grind of pepper. Give them a good shake and put them on the top shelf of your oven to cook for 10 mins, then add the courgette to the tray, give it a good shake and cook for a further 15 mins.

6 When your potatoes are cooked and drained, pop them back in the pot, add 1 tbsp of butter and 2 tbsp of milk (if you have them) along with a pinch of salt and a good grind of pepper and mash until smooth. Then put a lid on to keep warm and set aside until everything else is ready.

5



3 In the meantime peel and chop your potatoes into roughly 3cm pieces. Roughly chop your parsley and set aside. Pop your potatoes into your boiling water to cook for 10-15 mins or until you can easily slip a knife through them, then drain.

7 Add half your stock pot to the pan you cooked your gammon in (no need to wash!) along with 100ml of water and stir around to dissolve the stock pot and 'de-glaze' the pan. **Tip:** This will get all the meaty bits from your pan into your sauce. Bubble your sauce for 2 mins to reduce it by a third, then take off the heat and add your parsley and your crème fraîche. Stir everything together.

7



4 While your potatoes are boiling, mix together your honey and mustard in a bowl along with a good grind of pepper. Add the gammon steaks to the bowl and spoon the mixture onto both sides so they are nicely coated.

8 Serve your gammon steaks with your roasted veggies on the side, a good dollop of mashed potato and a spoonful of parsley sauce. Dig in!

5 Put 1 tbsp of oil in a non-stick frying pan on medium heat and