



Gammon and Creamy Parsley Mustard Sauce

with Mash, Green Beans and Peas

High Protein

Preparation time : 35 min.



- | | |
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| Potatoes | Flat Leaf Parsley |
|  |  |
| Garlic Clove | Green Beans |
|  |  |
| Wholegrain Mustard | Peas |
|  |  |
| Gammon Steaks | Creme Fraiche |
|  |  |
| Chicken Stock Paste | Water for the Sauce |



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/gammon-and-creamy-parsley-mustard-sauce-152>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Garlic Press, Large Saucepan, Lid, Colander, Aluminum Foil, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Potatoes (grams)	450	700	900
Flat Leaf Parsley (bunch(es))	1	1	1
Garlic Clove (unit(s))	2	3	4
Green Beans (grams)	80	160	160
Wholegrain Mustard (grams)	10	10	20
Peas (grams)	120	180	240
Gammon Steaks (unit(s))	2	3	4
Creme Fraiche (grams)	75	120	150
Chicken Stock Paste (grams)	10	15	20
Water for the Sauce (milliliter(s))	50	75	100

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2556 kj
Energy (kcal)	611 kcal
Fat	25.1 g
of which saturates	11.8 g
Carbohydrate	56.9 g
of which sugars	8.6 g
Dietary Fibre	10.3 g
Protein	43.2 g
Salt	4.95 g

Allergens

Mustard, Milk

Always check the product labels for allergen information.



Time to Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.
Chop the **potatoes** into 2cm chunks (peel first if you prefer). Finely chop the **parsley** (stalks and all).
Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**.



Make your Mash

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.
Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.
Stir in **half the mustard** (add less if you'd prefer) and season with **salt and pepper**. Cover with a lid to keep warm.



Cook your Veg

While the **potatoes** cook, pop the **green beans** and **half of the garlic** onto a piece of foil with a drizzle of **oil** and season with **salt** and **pepper**. Toss to coat and fold the foil, sealing on all sides to create a **parcel**.
Pop the **parcel** onto a large baking tray. Roast on the middle shelf until tender, 20-25 mins.
When the **parcel** has 2 mins cook time remaining, add the **peas** to the same tray.



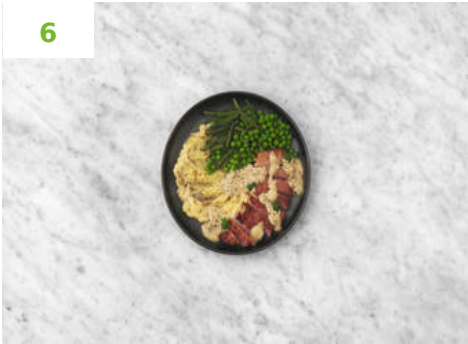
Fry the Gammon Steaks

Meanwhile, heat a large frying pan on medium-high heat with a drizzle of **oil**. Season the **gammon** with **pepper**.
Once hot, add the **gammon** and fry until golden, 2 mins each side.
IMPORTANT: Wash your hands and equipment after handling raw pork. The gammon is cooked when no longer dark pink in the middle.
When cooked, transfer the **gammon** to a plate or clean board and cover with foil. Let it rest while you make the **sauce**.



Make your Creamy Sauce

Put the (now empty) **gammon** frying pan back on medium heat.
Add the remaining **garlic** and fry for 30 secs. Stir through the **creme fraiche**, **water for the sauce** (see pantry for amount), **chicken stock paste** and remaining **wholegrain mustard**.
Bring up to a boil, then reduce the heat to a simmer. Cook until thickened, 2-3 mins. Once the **sauce** has thickened, remove from the heat and stir through the **parsley**.
Add a splash of **water** if your **sauce** is looking a little thick.



Serve Up

Transfer the **gammon steaks** to your serving plates and spoon over the **creamy parsley mustard sauce**.
Serve with your **mash** and **green veg** alongside.

Enjoy your meal!