



HELLO
FRESH

Quick Gammon and Black Garlic Mushroom Sauce

with Buttery Chive Potatoes and Peas

High Protein

Preparation time : 25 min.



What did you think of this recipe?
Scan the QR code to share your feedback.

Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/quick-gammon-and-black-garlic-mushroom-sauce-377>

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, Bowl, Cling Film, Pan, Small sauce pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Garlic Clove (unit(s))	1	1½	2
Chives (bunch(es))	1	1	1
Salad Potatoes (grams)	350	500	700
Gammon Steaks (unit(s))	2	3	4
Sliced Mushrooms (grams)	80	120	180
Cider Vinegar (milliliter(s))	15	22½	30
Creme Fraiche (grams)	75	150	150
Black Garlic Paste (grams)	20	30	40
Peas (grams)	120	180	240
Water for the Sauce (milliliter(s))	75	100	150
Butter (grams)	20	30	40

Add yourself

Salt, pepper, oil and water according to taste.

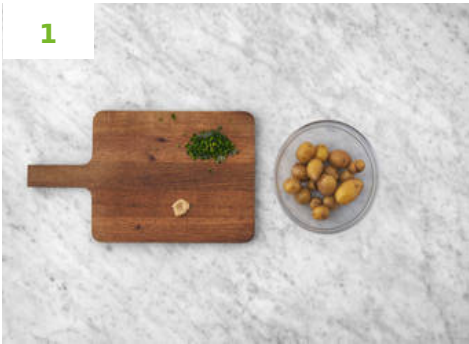
Nutritional values

Per serving	Amount
Energy (kJ)	2630 kJ
Energy (kcal)	628 kcal
Fat	33.6 g
of which saturates	17 g
Carbohydrate	45 g
of which sugars	7.1 g
Dietary Fibre	7.4 g
Protein	40.6 g
Salt	4.08 g

Allergens

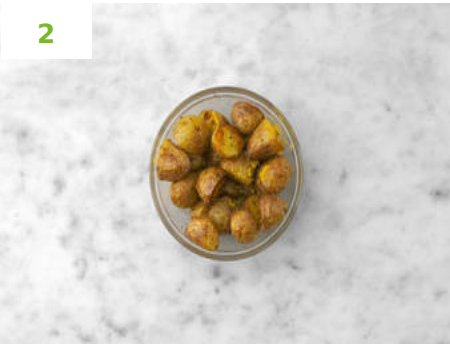
Milk, Sulphites

Always check the product labels for allergen information.



Get Started

- a) Peel and grate the **garlic** (or use a garlic press).
- b) Finely chop the **chives** (use scissors if easier).
- c) Prick the **salad potatoes** all over with a knife.
- d) Pop the **potatoes** into a microwave-safe bowl and add a splash of **cold water**. Cover the bowl tightly with cling film, then microwave on high until tender, 8-10 mins.



Potato Time

- a) Once the **potatoes** are cooked, drain away any excess **water** from the bowl and allow to steam dry, 3-4 mins.
- TIP:** Alternatively, if you don't have a microwave, you can boil the potatoes. Bring a large saucepan of water with 0.5 tsp salt to the boil on high heat for the potatoes. Halve the salad potatoes (no need to peel). When boiling, add the potatoes to the water, lower the heat to medium and cook until tender, 15-20 mins.



Fry the Gammon Steaks

- a) While the **potatoes** are in the microwave, heat a large frying pan on medium-high heat with a drizzle of **oil**. Season the **gammon** with **pepper**.
- b) Once hot, add the **gammon steaks** 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.
- c) Once cooked, set aside on a plate and cover to keep warm.



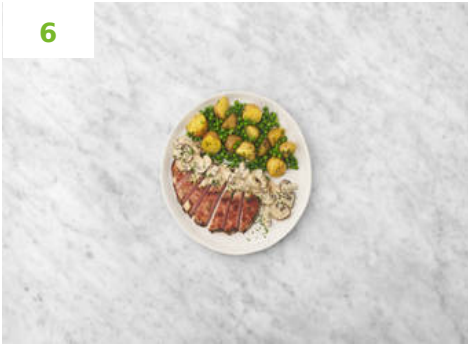
Simmer Simmer

- a) Return the (now empty) frying pan on high heat with a drizzle of **oil**.
- b) When hot, add the **mushrooms** to the pan. Season with **pepper** and fry, stirring occasionally, until browned, 5-6 mins.
- c) Once browned, stir in the **cider vinegar** and cook until evaporated, 1 min.
- d) Stir in the **creme fraiche** and **water for the sauce** (see pantry for amount) and bring to the boil. Lower the heat and simmer until thickened slightly, 1-2 mins.



All Together Now

- a) Remove the **sauce** from the heat and stir in the **black garlic paste**. Season with **pepper**. Add the **steaks** back in to warm through and coat in the **sauce**, 1-2 mins.
- b) Meanwhile, heat a drizzle of **oil** in a small saucepan on medium-high heat.
- c) Once hot, add the **peas** and stir-fry for 2-3 mins. Add the **garlic** and fry until fragrant, 1 min, then remove from the heat.
- d) Once cooked, halve the **potatoes** and pop back in the bowl. Stir in the **butter** (see pantry for amount), remaining **garlic** and **half** the **chives**. Season with **salt** and **pepper**. Toss to coat.



Serve Up

- a) When everything's ready, share the **gammon steaks**, **buttery potatoes** and **peas** between serving plates.
- b) Spoon any remaining **mushroom sauce** from the pan over the **steaks**.
- c) Sprinkle over the remaining **chives** to finish.

Enjoy your meal!