

Chargrilled Gammon & Pineapple

Chargrilled gammon steak with a pineapple ring, chips and a wholegrain mustard sauce

By Mark Irish from Brakes

Overview ...



CALORIES:

29.7% Carbs

20.9% Protein

49.4% Fat

Food Labelling...

Serves 1

CONTAINS:



MILK



MUSTARD

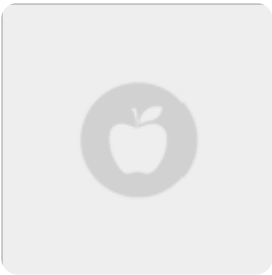


SOYA

Recipe Ingredients ...	Quantity:	Description:
3491 Gammon Steaks - BRAKES	227g	1x Each
33846 8 Pineapple Slices in Light Syrup - BRAKES	65g	
10468 Brakes Béchamel Sauce - BRAKES	50g	
88932 Brakes Wholegrain Mustard - BRAKES	10ml	
118709 Farm Frites Ultimate Chip - BRAKES	200g	
87468 Brakes Non-Stick Fry, Cook & Bake Spray - BRAKES	1g	0x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

393g / 867kcal

1

Cooking Instructions & Notes

Preparation:

Decant the pineapple from tin, drain & dry

Method:

1. Pre-heat the fryer to 180°C / Pre-heat the chargrill.
2. Lightly oil the gammon steak and put onto your chargrill & cook for approx. 3 mins on each side until cooked through - set aside and keep warm.
3. Meanwhile put the chips into the fryer & cook as per the packaging instructions.
4. Mix the béchamel & mustard together and put into a small pan and warm gently on a low heat.
5. Now chargrill your pineapple
6. Assemble the dish on your chosen dish/board and serve!