

GAMMON STEAK WITH PEACHES

A great dinner option all year round, proving that a gammon is not just for Christmas!

Serves 4

Per serving 212 calories, 2.2% fat
(excl. accompaniments)

Preparation time: 5 minutes

Cooking time: 20 minutes

INGREDIENTS

4 lean gammon steaks (approx. 100g each), all visible fat removed
2 peaches, cut in half and sliced
6 spring onions, chopped
2 beef tomatoes, cut into wedges
2 tps mint jelly
1 tbs chopped fresh coriander

METHOD

1. Preheat a non-stick griddle pan.
2. Pat the steaks dry with kitchen paper and place directly on the griddle pan and cook for 1 - 2 minutes each side. Remove from the pan and keep warm.
3. Add the sliced peaches, chopped spring onions and tomato wedges to the griddle pan and cook briefly until soft. Stir in the mint jelly and coriander and serve on top of the steaks.
4. Serve with 115g boiled new potatoes (with skins) per person and unlimited other vegetables or salad.

