# LET'S EAT!

# GAMMON AND PINEAPPLE

30 minutes

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Allergens: none

## What is it?

A simple dish with few ingredients, just put the elements together to whip up this tasty meal! We have suggested a fresh slice of pineapple to make this dish extra healthy!

### MAKE IT FUN!

If you don't like pineapple, you can swap this for a fried egg to add some protien to the dish, or if you really fancy it have both and stack it all together!

## What you'll need:

| | For 2 people | 3 people | 4 people |
|---|---|---|---|
| Gammon steak | 2 | 3 | 4 |
| Potatoes | 500g | 700g | 850g |
| Pineapple slice | 2 | 3 | 4 |
| Peas | 200g | 300g | 400g |

And a small amount of oil, salt and pepper.

## SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

# WHAT TO DO:



## Step 1:

Preheat the oven to 180 degrees (gas mark 4). Cut your potatoes into wedge shapes, and place spaced out on a greaseproof paper lined baking tray. Sprinkle over a little oil, salt and pepper, and place in the oven for around 20 minutes until the potatoes have softened and browned in colour.

## Step 2:

Meanwhile, place you gammon on an oven tray to cook until it browns, turning over once during cooking so that it can brown both sides. Alternatively, you could grill the gammon on each side until it browns.





## Step 3:

Prepare the pineapple by trimming the outer skin off. Grill the pineapple for a few minutes on each side. Cook the peas either in a microwave or a saucepan covered in water. This should take around 5 minutes in a pan of boiling water, or 3 minutes in the microwave. The peas should be piping hot when cooked.

## Step 4:

Drain the peas and plate up a spoonful. Remove the gammon and wedges from the oven and add to your plates.
Top with your pineapple ring and enjoy!



**DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:**

NOT FOR ME ★1 ★2 ★3 ★4 ★5 LET'S MAKE IT AGAIN!