

healthy body



healthy mind

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Mustard Gammon with Pea, Leek and Courgette

2 Gammon steaks
English mustard
Mug of peas
1 Leek
1 Courgette
½ onion
1 clove garlic
Salt n pepper

Method

Using scissors snip the fat of each of the gammon steaks at 2.2cm or 1 inch intervals this stops them curling up during the cooking process. Rub the gammon steaks with English mustard and put under a hot grill for around 12 minutes turning half way.
Sweat the onion and garlic in a pan with a drizzle of olive oil.
Add the chopped leeks and courgette, sauté until soft before pouring in the peas and seasoning to taste. Try spicing it up with Worcester sauce or some dried chilli flakes.