

HEINZ

RECIPE

Gammon Steaks with Winter Coleslaw

Salad Cream with lemon & black pepper



Serves:

4



Preparation Time:

15 minutes



Cook Time:

7-8 minutes

Ingredients:

- ¼ small white cabbage, finely shred
- ¼ small red cabbage, finely shred
- 2 celery sticks, grated
- 1 red apple, grated
- ½ red onion, finely chopped
- 4 tbsp **Heinz Salad Cream Lemon & Black Pepper**
- 1 tbsp white wine vinegar
- 10g flat leaf parsley, chopped
- 4 x 180g gammon steaks
- 1 tbsp sunflower oil
- 425g can pineapple slices in fruit juice, drained but reserving 2 tbsp of juice

Method:

Cover the gammon steaks with plenty of cold water and leave to soak for at least 1 hour. Drain and dry well before cooking.

Mix together the cabbages, celery, apple and onion with Heinz Salad Cream Lemon & Black Pepper, vinegar, parsley and the reserved juice from the canned pineapple and season to taste.

Cut the rind of the gammon steaks at intervals with scissors to prevent the meat curling up when cooking.

Rub the oil over the gammon steaks and season.

Heat a griddle pan over a high heat, cook the gammon on the griddle for 4-5 minutes until cooked, turning halfway, remove and keep warm.

Place the pineapple slices in the griddle pan and cook for 1 minute until caramelised, turning halfway.

Serve the gammon steaks with the pineapple rings and the coleslaw.

Tip: The coleslaw works really well with pork chops.