



#### NUTRITION TIP

Gammon contains the same amount of fat as a skinless chicken breast and is therefore a healthy eating choice – so long as you remember to cut the fat off on the side and choose unsalted brands. It is also high in energy-giving B vitamins and contains low levels of iron.

# Gammon steaks with creamy lentils

Preparation time 8 minutes    Cooking time 25–30 minutes    Serves 4

125 g (4 oz) Puy lentils  
50 g (2 oz) butter  
2 shallots  
1 garlic clove, chopped  
2 thyme sprigs, crushed  
1 teaspoon cumin seeds  
4 teaspoons Dijon mustard  
2 teaspoons clear honey  
4 gammon steaks, 150 g (5 oz) each  
125 ml (4 fl oz) dry cider  
75 ml (3 fl oz) single cream  
salt and pepper

- Place the lentils in a pan and cover with cold water. Bring to the boil and cook for 20 minutes.
- Meanwhile, melt the butter in a frying pan and fry the shallots, garlic, thyme and cumin seeds, stirring frequently, for 10 minutes until the shallots are soft and golden.
- Blend the mustard and honey and season to taste with salt and pepper. Brush the mixture over the gammon steaks and grill for 3 minutes on each side until golden and cooked through. Keep warm.
- Drain the lentils and add them to the shallot mixture. Pour in the cider, bring to the boil and cook until reduced to about 4 tablespoons. Stir in the cream, heat through and season to taste with salt and pepper. Serve with the gammon steaks, garnished with thyme leaves.

kcal 420 (1764 kj)    protein 22 g    carbohydrate 35 g    fat 21 g    GI L