

GRAB and GO

Gammon and Roast Tomatoes

Roasted vegetables and gammon in a crusty roll served with a spicy salsa dip.

Makes 10 portions (217g/portion)

Ingredients

456g		8 Green Gourmet Cooked Gammon Steaks (GG code – 7756Y)
560g		10 crusty rolls
340g	(4 medium)	tomatoes
150g	(1 medium)	red onion, finely sliced
550g	(1 medium)	aubergine, sliced
200g		assorted salad leaves
100g		spicy salsa dip

Method

1. Roast slices of tomato, red onions and aubergine.
2. Lightly warm through the rolls and place a handful of lettuce in each.
3. Add the roasted vegetables and then add a slice of Green Gourmet Cooked Gammon Steak.
4. Serve with a spicy salsa dip.

Serving Suggestions

This dish would work equally well as a complete meal.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
182.9	1.5	0.4	16.3	0.2	1.5
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
7.3	0.8	0.7	55.1	29.3	2.7
Folate (µg)	Sodium (mg)				
20.6	459.4				

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Fromehall Mill, Lodgemore Lane, Stroud, Gloucestershire, GL5 3EH

t: 01453 766677 f: 01453 758405 e: info@greengourmet.co.uk