

GRAB and GO

Gammon Ploughman's

A tasty platter of gammon, pickle and coleslaw.

Makes 10 portions (203g/portion)

Ingredients

570g	10 Green Gourmet Cooked Gammon Steaks 57g (GG code – 7756Y)
560g	10 crusty white rolls
50g	chutney
400g	assorted salad leaves
Coleslaw	
250g (½ small)	red cabbage, finely sliced
120g (2 medium)	carrots, finely sliced
100g (1 medium)	green apple, grated
20g	raisins
125g	low fat yoghurt

Method

1. Make the coleslaw by shredding all the vegetables and mixing together with the low fat mayonnaise.
2. Place a slice of the Green Gourmet Cooked Gammon Steak in a crusty white roll. Add a spoonful of pickle and coleslaw and top it all off with a handful of salad leaves.

Serving Suggestions

This recipe can be adapted to a complete meal by plating up separately and perhaps adding some extra salad.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
228.6	1.7	0.5	18.9	1.4	1.4
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
9.0	0.9	0.8	73.5	111.6	7.4
Folate (µg)	Sodium (mg)				
28.0	556.7				

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