

## COMPLETE MEAL

### **Ham and Mushroom Tagliatelle**

*Tasty gammon pieces and sliced mushrooms combined in a white sauce and mixed with silky strands of tagliatelle.*

**Makes 10 portions (250g/portion)**

#### **Ingredients**

<b>228g</b>		<b>4 Green Gourmet Cooked Gammon Steaks 57g (GG code – 7756Y)</b>
450g		tagliatelle
25g		margarine
100g	(1 medium)	onion, diced
6g	(2 cloves)	garlic, finely chopped
150g		mushrooms, sliced
6g	(2 tblsp)	fresh parsley, chopped
50g		cheese, grated
<b><u>White sauce:</u></b>		
1 l		milk
70g		cornflour
60g	(1 medium)	egg

#### **Method**

1. Place the pasta into a large pan of boiling water and stir to prevent pasta sticking together. Cook to manufacturers instructions. Drain and keep warm.
2. Prepare the white sauce. Mix the cornflour with a little of the milk to make a paste. Heat the remaining milk, when simmering, add the cornflour and stir until thickened.
3. Whisk the eggs and add to the sauce, heat gently. Remove saucepan from heat.
4. Dice the Green Gourmet Cooked Gammon Steaks.
5. Heat the margarine in a large saucepan; add the onion, garlic and mushrooms stir fry until golden brown for 3-4 minutes. Add the diced Green Gourmet Cooked Gammon Steak 57g and heat.
6. Add the sauce. Stir in the tagliatelle and chopped parsley. Combine all ingredients gently until the pasta is coated with the sauce.
7. Place into serving dish and sprinkle with grated cheese.

#### **Serving Suggestions**

Vary by adding a little pesto to the sauce. Great served with crispy garlic bread. Serve with a green salad.

#### **Nutritional analysis (per 100g COOKED)**

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
148.9	2.1	0.8	18.4	0.1	0.7
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
6.5	0.5	0.8	74.2	17.8	1.0
Folate (µg)	Sodium (mg)				
13.2	164.4				

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