

**COMPLETE MEAL**

**Italian Ham and Leek Pasta**

A classic pasta dish in a creamy sauce of gammon and vegetables.

**Makes 10 portions (179g/portion)**

**Ingredients**

<b>285g</b>		<b>5 Green Gourmet Cooked Gammon Steaks (GG code – 7756Y)</b>
250g		penne pasta
11g	(1 tblsp)	olive oil
150g	(1 large)	onion, diced
6g	(2 cloves)	garlic, finely chopped
80g	(½ medium)	red pepper, diced
300g	(3 medium)	leeks, sliced
200g		mushrooms, sliced
200g		green pesto
450g		natural yogurt

**Method**

1. Place the pasta into a large pan of boiling water and stir to prevent pasta sticking together. Cook to manufacturers instructions. Keep warm.
2. Dice the Green Gourmet Cooked Gammon Steaks .
3. Heat the oil in a large saucepan; add the onion, garlic and peppers stir fry until golden brown for 3-4 minutes.
4. Add the leeks and mushrooms and continue to stir fry until soft.
5. Add the diced Green Gourmet Cooked Gammon Steaks to the vegetables and add the pesto. Heat gently.
6. Mix in the cooked pasta. Reduce the heat and add the yogurt. Mix gently to coat the pasta. Remove from heat to prevent the yogurt curdling.

**Serving Suggestions**

Serve with a green salad and garlic bread.

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

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
<b>161.1</b>	<b>2.3</b>	<b>0.5</b>	<b>13.9</b>	<b>0.2</b>	<b>1.1</b>
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
<b>7.1</b>	<b>0.9</b>	<b>1.1</b>	<b>112.4</b>	<b>26.6</b>	<b>8.0</b>
Folate (µg)	Sodium (mg)				
<b>19.9</b>	<b>245.1</b>				

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