

**COMPLETE MEAL**

**Sizzling Gammon Stir Fry**

*Stir fried vegetables and succulent gammon in a sweet chilli sauce.*

**Makes 10 portions (212g/portion)**

**Ingredients**

570g		<b>10 Green Gourmet Cooked Gammon Steaks 57g (GG code 7756Y)</b>
300g		medium egg noodles (dry weight)
11g	(2 tblsp)	oil
300g	(2 large)	onions, diced
250g		mixed peppers, frozen
225g	(2 large)	carrots, peeled and cut into thin strips
150g	(¼ small)	green cabbage, shredded
200g		bean sprouts
250g		canned sweetcorn, drained
400g		sweet chilli sauce

**Method**

1. Place the egg noodles in a large pan of boiling water, stir to separate the strands and then simmer for 4 minutes. Drain.
2. Cut the **Green Gourmet Cooked Gammon Steaks** into thin strips.
3. Heat the oil in a pan and stir fry onions for 2-3 minutes until lightly browned. Add the peppers, carrot, cabbage and Gammon Steak strips. Continue stir frying for a further 2 minutes.
4. Add the beansprouts, cooked noodles and sweetcorn. Stir in the sweet chilli sauce and heat through until piping hot.
5. Transfer to a serving dish.

**Serving Suggestions**

Vary the flavour by adding Hoi Sin or Chow Mein sauce instead of the sweet chilli sauce. Cabbage is an important source of folate, the darker the green, the more folate it contributes. Folate is also very easily destroyed by cooking, so keep cooking times to a minimum.

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

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
268.7	3.0	0.8	25.5	10.6	1.8
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
8.5	1.3	0.8	20.2	172.6	13.8
Folate (µg)	Sodium (mg)				
30.5	693.2				

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