

Roast Gammon & Cheesy Vegetable Bake

Per Portion
200-250 Calories
10-12.5g Protein
22-27.5g Carbs
10-15g Fat

Ingredients



- 1kg gammon joint
- 6 tbsp honey
- 4 tbsp mustard
- 2 tbsp garlic

For the cheesy potato & vegetable bake:

- 500g potatoes, washed and dried
 - 1 tbsp oil
- 180ml double cream
 - 1/2 tsp salt
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 50g cheese, grated
- 200g frozen mixed vegetables, defrosted

Method

1. In a bowl, combine the honey, garlic, and mustard. Mix well until the honey is slightly sticky and thoroughly incorporated into the mustard.
2. Place the gammon joint on a clean surface and generously smother it with the honey-mustard mixture, making sure to coat all sides of the joint.
3. Loosely wrap the gammon joint in foil, ensuring it is well-sealed but with some room for heat circulation. This will help keep the moisture in during the cooking process.
4. Preheat your air fryer to 200°C.
5. Carefully place the foil-wrapped gammon joint into the air fryer basket.
6. Roast the gammon for 25 minutes at 200°C.
7. After 25 minutes, remove the foil from the gammon joint.
8. Continue cooking the gammon for an additional 25 minutes at 170°C.
9. Once the cooking time is complete, carefully remove the gammon joint from the air fryer and wrap it tightly in foil.
10. Allow the gammon to rest in the foil for 20 minutes.

Let's make the cheesy potato & vegetable bake:

1. Preheat your air fryer to 180°C.
2. Peel the potatoes and slice them into thin rounds. Put the oil in a bowl and tip in the potatoes and give them a good mix to ensure they are well coated.
4. Place the potato slices in the air fryer basket.
6. Air fry the potatoes at 180°C for the initial 18 minutes.
7. While the potatoes are air frying, prepare the cream mixture. In a separate bowl, combine the double cream, salt, garlic powder, and black pepper. Stir well until all the ingredients are thoroughly combined.
8. After the initial 18 minutes of air frying, add the defrosted mixed vegetables to the basket with the potatoes.
9. Pour the prepared cream mixture over the potatoes and vegetables, ensuring they are evenly coated.
10. Gently press down on the potatoes to help them settle into the cream mixture.
11. Return the basket to the air fryer and continue air frying at a reduced temperature of 150°C for 15-18 minutes, or until the potatoes are tender.
12. Sprinkle the grated cheese evenly over the potatoes.
13. Air Fry the potatoes again at 200°C for an additional 1-2 minutes, or until the cheese has melted and is nicely golden.
14. Once cooked, remove from the air fryer and allow the cheesy potato and vegetable bake to cool for about 10 minutes before serving.