

HAM STEAKS WITH MASH POTATO AND VEGETABLES (SERVES 1)

INGREDIENTS

2 x 1cm thick slices canned ham (reduced/ low fat and salt if available)

½ cup instant mash potato

1 cup canned mixed vegetables (salt reduced if available)

1 cup water

Spray oil (olive, sunflower, or canola oil)

UTENSILS

Knife

Small frying pan

Tongs

Paper towel

Small plate

Spatula or wooden spoon

Medium bowl

Measuring jug

Measuring cups

Medium plate to serve



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METHOD

1. Spray a small frying pan with oil (to coat the bottom of the pan) and heat on a medium to high heat.
2. Add the ham steaks and cook until golden on each side, this will take approximately 2 minutes for each side. *(Refer to figure 3)*
3. Once the steaks are cooked, remove from the pan and let cool on a small plate lined with paper towel. *(Refer to figure 4)*
4. Add the vegetables to the same frying pan. Cook for about 2 minutes or until heated through, stirring occasionally.
5. Meanwhile, to prepare the mash potato boil approximately 1 cup of water (this can be done in a kettle or on a stove in a saucepan).
6. In a medium bowl add the instant mash potato and pour over 2/3 cup of boiling water, stirring until the mixture comes together.
7. To serve, place the ham steaks, mixed vegetables and mash potato on a plate and enjoy.



Figure 1: Recipe utensils



Figure 2: Recipe ingredients



Figure 3: Step 2 - cooking ham steaks

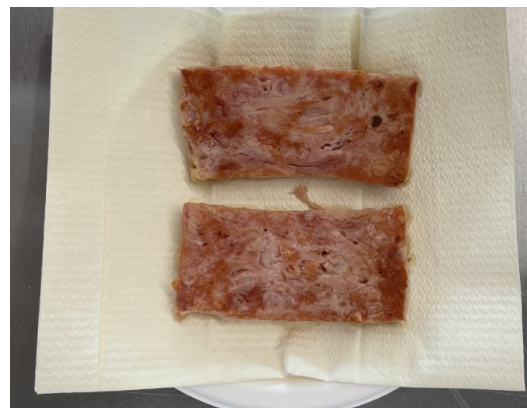


Figure 4: Step 3- draining ham steaks on paper towel

FOR MORE INFORMATION

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