



## Gammon with Pineapple



 Serves  
4

 Prep  
10 minutes

 Cooking  
25 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	606kcal	7.1g	24g	9.6g	4.5g
RI%	30%	8%	34%	48%	75%

### Method

1. Preheat the oven to 220°C, fan oven 200°C, Gas Mark 7. Arrange the frozen chips on baking sheets and cook according to pack instructions.
2. Keep the chips warm while cooking the gammon. Preheat the grill or a char-grill pan. Arrange the gammon steaks on the grill rack or in the char-grill pan and cook for 4-5 minutes on each side.
3. Grill or char-grill the pineapple slices for about 2 minutes on each side.
4. Serve the gammon steaks with the pineapple slices and chips, garnished with the lettuce and cherry tomatoes.

### Ingredients

- 1 x 227g can of Princes Pineapple Slices in Juice, drained and patted dry
- 4 gammon steaks
- Lettuce and cherry tomatoes, to garnish
- 800g frozen chips