



# Maple-Glazed Ham Steak Sweet Potato Hash

with Brussels Sprouts and Smoky Garlic Mayo

**PRONTO** 30 Minutes



Ham Steaks



Sweet Potato, cubes



Green Bell Pepper



Sweet Bell Pepper



Green Onions



Garlic



Brussels Sprouts



Maple Syrup



Mayonnaise



Paprika-Garlic Blend

**HELLO HASH**

*A chopped medley of meat, potatoes and spices, often served for breakfast. But also, can be enjoyed as a delicious dinner!*

# Start Strong

Preheat oven to 450°F and wash and dry all produce.

## Garlic Guide for Step 2 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp

## Bust Out

Baking Sheet, Large Non-Stick Pan, Measuring Spoons, Medium Non-Stick Pan, Paper Towels, Parchment Paper, Small Bowl, Garlic Press

## Ingredients

	2 Person	4 Person
Ham Steaks	300 g	600 g
Sweet Potato, cubes	340 g	680 g
Green Bell Pepper	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Green Onions	2	4
Garlic	6 g	12 g
Brussels Sprouts	170 g	340 g
Maple Syrup	2 tbsp	4 tbsp
Mayonnaise	¼ cup	½ cup
Paprika-Garlic Blend	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



## 1. ROAST SWEET POTATOES & BRUSSELS SPROUTS

Halve **Brussels sprouts**. Toss the **sweet potatoes** and **Brussels sprouts** with **half the paprika-garlic blend** and **2 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until golden-brown and tender, 22-23 min.



## 4. COOK HAM

Heat the same pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **ham steaks**. Pan-fry, until golden-brown and cooked through, 2-3 min per side.\*\* (**TIP:** Don't overcrowd the pan, cook the ham in two batches if needed!) Remove the pan from heat, then add **maple syrup**. Coat, flipping **ham**, until glazed all over.



## 2. PREP & MIX MAYO

While **sweet potatoes** roast, core, then cut **peppers** into ½-inch pieces. Thinly slice **green onion**. Peel, then mince or grate **garlic**. Stir **mayo** with **½ tsp paprika-garlic blend** and **¼ tsp garlic** (dbl both for 4 ppl) (**NOTE:** Reference Garlic Guide in Start Strong) in a small bowl. Pat **ham steaks** dry with paper towels.



## 5. FINISH AND SERVE

When **sweet potatoes** and **Brussels sprouts** are done, add **peppers** to the baking sheet and toss to combine. Divide **hash** and **ham steaks** between plates. Dollop with **smoky garlic mayo** and sprinkle over **green onions**.



## 3. COOK VEGGIES

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**, **remaining garlic** and **remaining paprika-garlic blend**. Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt** and **pepper**. Transfer to a plate, then wipe the pan clean.



## 6. GOT EGGS?

If desired, in Step 5, while **ham** cooks, heat a medium non-stick pan over medium-low heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl pan, until melted. Crack in **two eggs** (dbl for 4 ppl). Season with **salt** and **pepper**. Pan-fry, covered, until **egg white** is set 2-3 min. Divide between plates.

## Contact

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# Dinner Solved!