



# Old Fashioned Ham Steak

with Pineapple and Sweet Potatoes

**FAMILY** 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Ham Steaks



Pineapple, spears



Sweet Potato



Green Beans



Whole Grain Mustard



Chives

## HELLO HAM STEAKS

*Smoky, savoury and oh so easy to cook!*

## START HERE

- Before starting, preheat the oven to a high broil.
- Wash and dry all produce.

### Bust Out

Baking Sheet, Aluminum Foil, Potato Masher, Strainer, Paper Towels, Medium Pot, Measuring Cups & Spoons, Large Non-Stick Pan, Vegetable Peeler

### Ingredients

	2 Person	4 Person
Ham Steaks	300 g	600 g
Pineapple, spears	95 g	190 g
Sweet Potato	340 g	680 g
Green Beans	170 g	340 g
Whole Grain Mustard	2 tbsp	4 tbsp
Chives	7 g	14 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

### 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.*

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### 1. PREP

Add **6 cups water** and **2 tsp salt** in a medium pot (**NOTE:** same amount for 4ppl). Cover and bring to a boil over high heat. Peel, then cut **sweet potatoes** into 1-inch pieces. Thinly slice **chives**. Trim **beans**. Pat **pineapple** dry with paper towels, then cut into ¼-inch slices.



### 4. COOK BEANS

While **ham** cooks, heat a large non-stick pan over medium-high heat. When hot, add **½ tsp oil** and **1 tsp butter** (dbl both for 4ppl). Stir together, until **butter** melts, 30 sec. Add **beans** and **1 tsp water** (dbl for 4ppl). Season with **salt** and **pepper**, then stir together. Cover and cook, stirring occasionally, until tender, 5-6 min.



### 2. COOK SWEET POTATOES

Add **sweet potatoes** to the pot of **boiling water**. Reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min



### 5. MASH SWEET POTATOES

When **sweet potatoes** are done, reserve **¼ cup starchy water** (dbl for 4ppl), then drain and return **potatoes** to the same pot. Using a masher, mash in **reserved starchy water**, chives and **1 tsp butter** (dbl for 4ppl) until smooth. Season with **pepper**.



### 3. BROIL HAM

While **sweet potatoes** cook, pat **ham** dry with paper towels. Add **ham** to a foil-lined baking sheet. Top with **pineapple slices** and sprinkle over **1 tsp sugar** (dbl for 4ppl). Broil in the **middle** of the oven, until **pineapple** is golden-brown and **ham** is warmed through and 10-12 min. \*\*



### 6. FINISH AND SERVE

Divide **pineapple ham**, **sweet potato mash** and **beans** between plates. Serve with **mustard** on the side, for dipping.

## Dinner Solved!