



JAN
2017

Apricot and Mustard-Glazed Ham

with Mashed Potatoes and Roasted Veggie Sticks

The combination of apricot jam and mustard makes a surprisingly delicious glaze for ham steaks! If you happen to have some buns at home, leftovers make a great ham sandwich!



Ham



Carrot



Zucchini



Mini Yukon
Potatoes



Thyme



Apricot Jam



Dijon Mustard



Sour Cream

Ingredients

Ham Steaks, 1/4-inch thick	?	2 pkg (680 g)
Carrot, sticks		1 pkg (340 g)
Zucchini		3
Mini Yukon Potatoes		1 pkg (680 g)
Thyme		1 pkg (7 g)
Apricot Jam	?	6 pkg (6 tbsp)
Dijon Mustard	1) 2)	2 pkg (1 tbsp)
Sour Cream	3)	1 pkg (3 tbsp)
Butter*	3)	2 tbsp
Milk*	3)	4 tbsp
Olive or Canola Oil*		

4 People

*Not Included

Allergens

1) Sulphites/Sulfites

2) Mustard/Moutard

3) Milk/Lait

Tools

Large Pot, Measuring Spoons, Medium

Bowl, Shallow Dish, 2 Baking Sheets,

Large Non-Stick Pan, Masuring Cups,

Strainer, Potato Masher

Nutrition per person Calories: 594 cal | Fat: 25 g | Protein: 40 g | Carbs: 55 g | Fibre: 6 g | Sodium: 2394 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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2



1 Preheat the oven to 400°F. (To roast the veggies.) Start prepping when the oven comes up to temperature!

2 Prep and boil the potatoes: Wash and dry all produce. Bring a large pot of salted water to a boil. Cut the **zucchini** into 1/2-inch wide sticks. Strip **2½ tbsp thyme leaves** from the stems. Peel (if desired) and cut the **potatoes** into 1/2-inch pieces. Add the potatoes to the boiling water. Cook until they are fork-tender, 12-15 min.

3



3 Make the marinade: Meanwhile, in a medium bowl, combine the **jam, mustard and thyme leaves**. Spoon **half the marinade** into a shallow dish along with the **ham steaks**. Coat the ham on both sides with the **marinade**. Set aside.

5



4 Roast the veggies: Toss the **carrots** on a foil-lined baking sheet with a drizzle of **oil**. Toss the **zucchini** on another foil-lined baking sheet with a drizzle of **oil**. Drizzle the **remaining marinade** over both veggies. Season both with **salt and pepper**. Roast the carrots in the centre of the oven, stirring halfway through, until golden-brown, 20-25 min. Roast the zucchini in the centre of the oven, stirring halfway through, until softened, 9-10 min. (**TIP:** Zucchini will be cooked before the carrots!)

5 Cook the ham: Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **ham steaks**. (Keep the marinade in the shallow dish - we'll use it to make a sauce later!) Cook until golden, 2-3 min on each side. (**TIP:** Do not crowd the pan - work in batches if necessary.) Transfer to a plate, covering with foil to keep warm.

6



6 Make the pan sauce: In the same pan, add the **leftover marinade** from the shallow dish along with **1/3 cup water**. Cook for 1 min, scraping up any browned bits from the bottom of the pan. Remove the pan from the heat. Stir in **sour cream**.

7 Finish and serve: Drain and return the **potatoes** to the pot. Using a fork or potato masher, mash the potatoes with the **butter and milk**. Season with **salt and pepper**. Serve the **ham** alongside the **roasted veggies** and **mashed potatoes**. Spoon over the **pan sauce** and enjoy!

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