



## CHEESY HAM POTATO PIE

This is a fabulous quick and easy family tea recipe, made from basic store cupboard ingredients. No need for extra salt, but black pepper will boost the flavour.

Any green vegetables or salad go well with this dish. If you have fussy eaters you could easily hide some extra vegetables in the sauce - think small pieces of celery or grated carrot.



**Skills Check:** Follow a recipe; follow food safety and hygiene rules; tidy away; use a timer; use measuring spoons and cups; use a jug to measure liquids; cut using the bridge/claw knife technique safely; mash; use the hob/oven (with adult supervision); use a colander; season to taste.

**Equipment:** Chopping board, sharp knife, measuring jug, 2 saucepans, wooden spoon, colander, grater, spatula, baking dish.

**Allergens\*:** Milk

May contain gluten | sulphites

### Ingredients (serves 4-6):

- 200g tinned ham
- 50ml milk
- 60g frozen peas
- 60g sweetcorn (frozen)
- 60g broccoli (frozen)
- 2 leeks
- 1 onion
- 180g low fat soft cheese
- 1 tsp oil
- 650g Potatoes

### Method

1. Prepare the ingredients. Peel potatoes, cut into large pieces and boil in a large pan for 6-7 minutes
2. Prepare rest of veg whilst potatoes are cooking; peel and dice the onion, peel and slice leeks into rings, cut broccoli into small pieces.
3. Remove potatoes from water and leave to cool. Keep 125ml of potato water for later.
4. Remove ham from the tin and cut into small chunks.
5. In a large frying pan, heat 1 tsp of oil on a gentle heat.
6. Add onions and leeks and cook until soft and start to go brown. Remove from pan and set to one side.
7. Add milk, cream cheese and potato water to the pan, stir until sauce is smooth
8. Add broccoli, ham, peas, sweetcorn, onions and leek, and stir gently.
9. Transfer to a large ovenproof dish.
10. Using the large grater side, grate the potato and layer on top making sure all the ingredients are covered
11. Bake in the oven 180C for 25 mins or until brown and crispy on top.

*\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*



## CHEESY HAM POTATO PIE

### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### Energy, sugar, fat and salt per serving

Per 398g serving

	<b>ENERGY</b>	1261kJ / 299kcal	15%
<b>LOW</b>	<b>FAT</b>	6g	9%
<b>LOW</b>	<b>SATURATES</b>	2.3g	12%
<b>LOW</b>	<b>SUGARS</b>	8.7g	10%
<b>HIGH</b>	<b>SALT</b>	2.2g	37%

% of an adult's reference intake  
Typical values per 100g : Energy 317kJ / 75kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

### So, thinking about Cheesy Ham Potato Pie...

**Cheddar Cheese** is a good source of calcium and protein, but it is also high in saturated fats and salt. Use small amounts of mature cheese (it tastes stronger so you need less of it!) and choose low fat options where possible.

**Potatoes** are a nutritious and filling starchy food; low in fat and a source of vitamin C and fibre.

**Vegetables** are so good for us! Low in fat, sugar and calories and high in vitamins, minerals and antioxidants.

