

# Porky Crushed Potatoes with Cheese & Onion



## Ingredients

Your choice of pork (gammon steak, thick-cut cooked ham, tinned Spam or Ham)

Frozen Roast Potatoes e.g. Aunt Bessies

1/2 cup (blue) grated cheese

1 spring onion per person

## Method

Heat oven to gas mark 8, 220C.

Lightly grease a medium baking tray & measure out potatoes. (I think 4-5 pieces are enough for 1 person).

Roast potatoes for 30 minutes.

If using a gammon steak, cook according to packet instructions or pan-fry for 3 minutes on each side.

Once the steak has cooled or if using cooked ham, slice into pieces as thick as your finger.

Chop the spring onion into small pieces.

When the potatoes are cooked, allow to cool a little &

then squash or crush them with the back of a fork.  
Sprinkle over the chopped ham, spring onions & then  
cheese.

Place back in the oven for 5 minutes or until the cheese  
has melted.

## Extras

This would also be yummy & extra healthy with more  
vegetables.

Add cauliflower or broccoli florets that have been lightly  
tossed in a little oil to your potatoes before roasting.

Cut cherry tomatoes in half & sprinkle them over with the  
ham, cheese & onion.

This could be a vegetarian dish without the ham.

Or a side dish for sausages.

You decide how to cook it!