



### **Ham Steak with Tomato and Herb Sauce**

This recipe uses ready cooked ham, so you can choose the one you like the look of best from the deli counter.

- 2 thick slices of cooked ham
- 1 small red or white onion – finely sliced
- 3 large tomatoes – chopped into approx. 1cm dice
- ½ glass white wine
- 1 tsp chopped rosemary and thyme
- 1 small clove garlic – finely sliced
- 1 tsp oil



1. Heat a teaspoon of oil in a wide based pan, gently fry the onion and garlic until softened.
2. Add the ham and fry for about 1 min each side to brown.
3. Add the wine, let it bubble and reduce a bit, then add the tomatoes and herbs.
4. Simmer to reduce the sauce with the lid off, then once the sauce is the correct consistency, put the lid on the pan and cook for a further 5 min to soften the tomatoes.
5. Check seasoning and serve.

#### ***Hints, Tips and Variations***

*Wheat, gluten & dairy free.*

*When using wine in a recipe, always try to add it first and allow it to bubble & reduce. This takes cooks out the raw alcohol flavour and makes a tastier sauce.*

*Add a little cream to the sauce if you think it needs it.*

*If the sauce reduces too much, add a splash or water.*