



## Ham, potato & cheese stuffed loaf

READY IN



195 min.

SERVINGS



8

CALORIES



602 kcal

SIDE DISH

### Ingredients

- ☐ 500 g just-add-water cornbread mix
- ☐ 2 tsp ground mustard
- ☐ 500 g baby potatoes
- ☐ 500 ml crème fraîche
- ☐ 175 g extra sharp cheddar cheese grated plus a little extra to scatter on
- ☐ 1 small bunch parsley chopped
- ☐ 1 bunch spring onion sliced
- ☐ 400 g seasoning cubes diced thick lean fat removed sliced
- ☐ 1 tbsp olive oil for greasing

- ☐ 1 eggs beaten

## Equipment

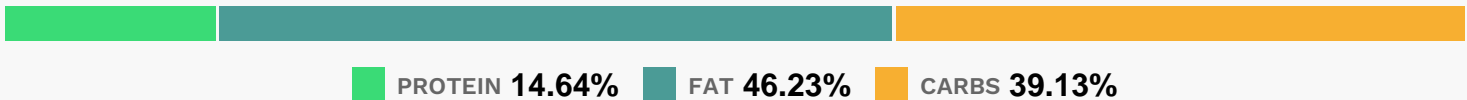
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ skewers
- ☐ rolling pin
- ☐ colander

## Directions

- ☐ Tip the bread mix into a large bowl and stir in the mustard powder, then make up following pack instructions. Cover with oiled cling film and leave to rise in a warm spot for 45 mins–1 hr until doubled in size.
- ☐ Meanwhile, bring a large pan of salted water to the boil, add potatoes and cook for 10–12 mins until tender.
- ☐ Drain, leave in a colander until cool enough to handle, then peel off skins and chunkily dice.
- ☐ Mix the crme frache, cheddar and parsley, then season really well.
- ☐ Roll out just under half the dough on a floured surface to a 25cm circle its easier to use a rolling pin and stretch it with your hands at the same time. Lift onto a floured baking sheet that will fit into the freezer. Evenly pile the potatoes on top, leaving a good 2–3cm border. Dot half the crme frache mixture on. Follow with the spring onions, then the ham, then dot remaining crme frache mixture all over the top.
- ☐ Roll out remaining dough as you did the first, to a little bit bigger than 25cm.
- ☐ Brush the border of the bottom of the pie with water, then lift the top onto the pie. Trim if you need, then press and roll up the border edge to seal. Do this all the way around, then press with the prongs of a fork to really seal it well. The pie is now ready to freeze, brush some cling film with a little oil and wrap it up well. Freeze for up to 2 months or, if cooking immediately, bake the stuffed loaf for 1 hr at 180C/ 160C fan /gas 4 until golden

- ☐ Cooking from frozen: Bring the pie out of the freezer in the morning and leave at room temperature for about 3 hrs.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ Brush the frozen pie with beaten egg, scatter with a little more cheese if you like, and cover with foil.
- ☐ Bake for 1 hr, then remove the foil and bake for 1 hr more until golden and crisp poke a skewer into the middle and check its piping hot all the way through.

## Nutrition Facts



## Properties

Glycemic Index:21.84, Glycemic Load:8.25, Inflammation Score:-8, Nutrition Score:21.00695648919%

## Flavonoids

Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 601.9kcal (30.09%), Fat: 31.21g (48.01%), Saturated Fat: 12.72g (79.49%), Carbohydrates: 59.44g (19.81%), Net Carbohydrates: 53.63g (19.5%), Sugar: 16.42g (18.24%), Cholesterol: 106.22mg (35.41%), Sodium: 1340.44mg (58.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.23g (44.46%), Vitamin K: 129.91µg (123.72%), Phosphorus: 507.89mg (50.79%), Vitamin C: 23mg (27.88%), Calcium: 275.57mg (27.56%), Vitamin A: 1330.82IU (26.62%), Vitamin B2: 0.42mg (24.96%), Vitamin B1: 0.35mg (23.29%), Fiber: 5.81g (23.25%), Folate: 92.51µg (23.13%), Selenium: 14.88µg (21.26%), Iron: 3.09mg (17.15%), Manganese: 0.33mg (16.57%), Vitamin B6: 0.32mg (16.2%), Vitamin B3: 2.95mg (14.76%), Potassium: 485.59mg (13.87%), Magnesium: 48.03mg (12.01%), Zinc: 1.73mg (11.53%), Vitamin B5: 0.9mg (8.99%), Copper: 0.16mg (7.95%), Vitamin B12: 0.46µg (7.74%), Vitamin E: 0.91mg (6.04%), Vitamin D: 0.24µg (1.61%)