
British Gammon Steak with Crispy Oven Chips & Fried Eggs (Low FODMAP)

Classic British comfort food made IBS-friendly: tender gammon steak, golden oven chips, perfectly fried eggs, and roasted tomatoes in one satisfying meal.

Prep: 10 min

Cook: 40 min

Total: 50 min

Servings: 1

Low FODMAP ✓

Ingredients

1 large, peeled and cut into thick chips potato

divided (60ml total) vegetable oil

1 medium, halved horizontally (stay within Low FODMAP limit) tomato

about 2cm thick, plain unseasoned (check label for no garlic/onion) gammon steak

free-range eggs

freshly ground black pepper

Instructions

Step 1: Prepare and roast the chips and tomatoes

(35 min)

Preheat your oven to 200°C (400°F/Gas Mark 6). Arrange the potato chips in a single layer on a large baking tray, ensuring they're not overcrowded. Drizzle with 2 tablespoons of vegetable oil and toss to coat evenly. Place the tomato halves cut-side up on the same tray. Slide into the preheated oven and roast for 30-40 minutes, turning the chips halfway through, until they're golden brown and crispy on the edges with fluffy centers. The tomatoes should be softened and slightly caramelized.

Step 2: Cook the gammon steak

(12 min)

About 10 minutes before your chips are ready, heat 1 tablespoon of oil in a large frying pan over medium-high heat. Season the gammon steak generously with freshly ground black pepper on both sides—there's no need for salt as gammon is naturally salty from the curing process. When the oil is shimmering, add the gammon and cook for 5-6 minutes on the first side until you see a golden-brown crust forming. Flip and cook for another 5-6 minutes until cooked through and the internal temperature reaches 70°C (160°F). Transfer to a warm plate and let it rest while you cook the eggs.

Step 3: Fry the eggs and assemble

(5 min)

Add the remaining tablespoon of oil to the same frying pan (or use a clean one if preferred) over medium heat. Crack the eggs into the pan, being careful not to break the yolks. Fry gently for 3-4 minutes until the whites are set but the yolks remain runny, or cook longer if you prefer firmer yolks. To assemble, place the rested gammon steak on a warm serving plate, arrange the crispy chips alongside, add the roasted tomato halves, and top everything with the fried eggs. Serve immediately while everything is piping hot, allowing the runny yolks to cascade over the chips.