



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Eggs

Eggs are a nutritional powerhouse! They contain a whopping 13 vitamins and minerals, and are especially high in vitamins D, E and A.



4 Ham and Potato Hash with Sunny Eggs

A family comfort meal jam-packed with flavour, colour and nutrients. Fried potato, veggies and ham served alongside sunny eggs and feta cheese.

 30 minutes

 2 servings

 Pork

26 October 2020

Swap the spices

*Tailor the spices to your taste buds!
Besides dried thyme or oregano, this
dish would work well with garlic, parsley,
chives, paprika, or even curry powder.*

FROM YOUR BOX

RED ONION	1/2 *
MEDIUM POTATOES	3
CARROT	1
RED CAPSICUM	1/2 *
DICED HAM	200g
TOMATO	1
SNOW PEA SPROUTS	1/3 punnet *
FETA CHEESE	1/2 block *
FREE-RANGE EGGS	2-4

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil/butter (for cooking), salt, pepper, dried thyme/oregano, balsamic vinegar

KEY UTENSILS

2 frypans

NOTES

Cook 2-4 eggs depending on your hunger levels! If preferred, you can scramble or boil them instead.

Got spare chutney from this week's chicken dish? You can serve it alongside this hash.

No pork option – diced ham is replaced with **pre-cooked sliced turkey**. Dice, then add as per recipe.



1. COOK THE ONION

Heat frypan with **1 tbsp oil/butter** over medium-high heat. Slice and add onion with **1 tsp thyme/oregano**. Cook for 3 minutes.



2. ADD THE VEGETABLES

Dice potatoes, carrot and capsicum. Add to pan as you go with the diced ham. Cover and cook for 12-15 minutes or until golden and tender.



3. MAKE THE SALAD

Wedge tomato and halve snow pea sprouts, toss together in a bowl, then crumble feta on top (to taste).



4. MAKE THE DRESSING

Whisk together **2 tbsp olive oil**, **2/3 tbsp vinegar**, salt and pepper.



5. FRY THE EGGS

Heat a second frypan with **butter/oil** over medium-high heat. Crack in eggs (see notes) and cook to your liking.



6. FINISH AND PLATE

Serve hash and eggs with salad and dressing (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

