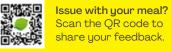


# Carb Smart Rustic Hash with Fried Egg

with Roasted Potatoes, Brussels Sprouts and Lemon-Mayo Drizzle



Carb Smart

30 Minutes









Yellow Potato







**Brussels Sprouts** 

Sweet Bell Pepper





**Red Onion** 







Cilantro



Mayonnaise

Mexican Seasoning

Feta Cheese, crumbled

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements, 1 tbsp (2 tbsp) oil within steps Ingredient

#### Bust out

Baking sheet, measuring spoons, zester, parchment paper, small bowl, large non-stick pan

# **Ingredients**

	2 Person	4 Person
Egg	2	4
Yellow Potato	300 g	600 g
Brussels Sprouts	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Lemon	1/2	1
Cilantro	7 g	14 g
Feta Cheese, crumbled	½ cup	1 cup
Mayonnaise	4 tbsp	8 tbsp
Mexican Seasoning	1 tbsp	2 tbsp
Sugar*	1/4 tsp	½ tsp
Oil*		

Salt and Pepper\*

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F.

## **Allergens**

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



## Roast potatoes and Brussels sprouts

- Cut potatoes into ½-inch pieces.
- Halve Brussels sprouts (if larger, quarter them).
- Combine potatoes, Brussels sprouts, 1 tbsp oil and Mexican Seasoning on a parchment-lined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with pepper, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and goldenbrown, 18-20 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



#### Prep

- Meanwhile, peel, then cut onion into 1/2-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Finely chop cilantro.
- Zest, then juice half the lemon (whole lemon for 4 ppl).



- Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then **onions** and **peppers**. Cook, stirring occasionally, until tender, 4-6 min. Season with salt and pepper.
- Remove from heat. Transfer onions and **peppers** to a plate, then cover to keep warm.



## Make lemon mayo

• Meanwhile, combine **mayo**, **1 tsp** (2 tsp) water, ½ tbsp (1 tbsp) lemon juice, ¼ tsp (½ tsp) sugar and ½ tsp (1 tsp) lemon zest in a small bowl. Season with salt and pepper, then stir to combine.



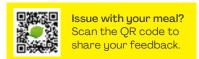
## Cook eggs

- Reheat the same pan (from step 3) over medium.
- When hot, add 1/2 tbsp oil, then crack in eggs. (NOTE: Don't overcrowd the pan; cook eggs in 2 batches for 4 ppl, using ½ tbsp oil per batch!) Season with **salt** and **pepper**.
- Cover and pan-fry until **egg whites** have set, 2-3 min.\*\* (NOTE: The yolks will still be runny.)



#### Finish and serve

- Add onions, peppers, half the cilantro and **half the feta** to the baking sheet with potatoes and Brussels sprouts, then toss to combine.
- Divide hash between plates. Top with fried eggs, then drizzle lemon mayo over top.
- Sprinkle with remaining cilantro and remaining feta.



## **Dinner Solved!**