



Carb Smart Rustic Hash with Fried Egg with Roasted Potatoes, Brussels Sprouts and Lemon-Mayo Drizzle

Carb Smart

30 Minutes



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Egg



Yellow Potato



Brussels Sprouts



Sweet Bell Pepper



Red Onion



Lemon



Cilantro



Feta Cheese,
crumbled



Mayonnaise



Mexican Seasoning

HELLO BRUSSELS SPROUTS

Brussels sprouts are in the same family as cabbage: brassica!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** 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	½	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*	¼ 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.



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1



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 golden-brown, 18-20 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



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.

2



Prep

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

5



Cook eggs

- Reheat the same pan (from step 3) over medium.
- When hot, add **½ 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.)

3



Cook onions and peppers

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ 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.

6



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!