

BREAKFAST
Exclusive Recipe

Sweet Potato Hash Browns with Poached Eggs

Serves: 4

300g sweet potatoes
6 medium eggs
1 tsp dried sage
freshly ground black pepper
Pinch LoSalt
Olive oil
1 clove garlic, crushed
Juice of half lemon
115g pack baby spinach
1 tsp white wine vinegar
Cherry tomatoes to serve



- Peel and coarsely grate the sweet potatoes. Beat 2 of the eggs in a large mixing bowl. Add the sweet potato and sage; mix well. Season with black pepper and LoSalt. Form into 8 flat patties.
- Drizzle a little olive oil into a large non-stick frying pan and warm over a medium heat.
- Next add the Sweet Potato patties for 2-3 minutes on each side until golden and crisp. Set aside and keep warm.
- Add crushed garlic to the pan, then the lemon juice and the spinach. Season with black pepper and stir-fry for 1-2 minutes until just wilted. Set aside and keep warm.
- Meanwhile, bring a large pan of water to the boil over a high heat. Add the vinegar. Crack each remaining egg into a bowl, then slide into the water (poach in batches if necessary). Simmer very gently for 3-4 minutes, then remove with a slotted spoon.
- Place a hash brown on each plate, top with spinach and then an egg.
- Serve with roasted cherry tomatoes on the vine, on simply raw tomatoes at room temperature to perfectly balance the nutrients in this breakfast dish! Enjoy