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BREAKFAST
Exclusive Recipe

Sweet Potato & Spring Green Hash Vegetarian

Serves: 2

250g sweet potatoes, diced
1 tbsp olive oil
1 large red onion, thinly sliced
2 courgettes, diced
150g spring greens, finely shredded
200g can chick peas, drained and rinsed
(½ 400g can!)
1 tbsp harissa paste
½ red chilli, thinly sliced into rings
2 medium eggs



- Cook the sweet potatoes in a large pan of boiling water for 10 minutes until tender. Drain well.
- Meanwhile, heat the oil in a large non-stick frying pan and cook the onion and courgettes for 5 minutes until softened. Add the spring greens, sweet potatoes and chick peas, and cook for 5 minutes more.
- Roughly break up the mixture with a fork and spoon over the harissa paste. Flatten down lightly and cook for a further 4 minutes, without stirring, until cooked through, crispy and golden on the bottom.
- Meanwhile poach the eggs until cooked to your liking. Divide the hash between plates and scatter with fresh chilli and top with a poached egg.