

# DINNERLY



 HEALTHY

## Sweet Potato Hash with Guacamole and Baked Eggs



20-30 minutes



2 Servings

One-pan wonder alert. Starring sweet potato, capsicum and smoky BBQ seasoning, plus eggs which bake in the tender hash, all you have to do is top with guacamole.

## WHAT WE SEND

- 1 capsicum
- 100g rocket leaves
- 1 onion
- 350g sweet potato
- 5g smokey barbecue seasoning<sup>17</sup>
- 1 avocado

## WHAT YOU NEED

- eggs<sup>3</sup>
- garlic clove
- olive oil
- salt and pepper
- water

## TOOLS

- medium frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Egg (3), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 590kcal, Fat 41.2g, Carbs 35.2g, Proteins 14.7g



### 1. Prep ingredients

Thinly slice the **capsicum**, discarding the seeds and membrane. Thinly slice the **onion** and **2 garlic cloves**. Peel the **sweet potato** and cut into 2cm chunks.



### 2. Cook sweet potato

Heat **1½ tbs olive oil** in a medium frypan over medium heat. Add the **sweet potato** and **2 tbs water**, season with **salt and pepper** and cover with a lid. Cook, stirring occasionally, for 8-10 mins until almost tender. Add the **onion, garlic** and **capsicum** and cook, uncovered, for a further 5 mins or until the vegetables are slightly caramelised on the bottom.



### 3. Add smoky BBQ seasoning

Add **1½ tsp of the smoky BBQ seasoning** (the remaining seasoning won't be used in this dish) and cook, tossing, for a further 2 mins or until fragrant. Season with **salt and pepper**.



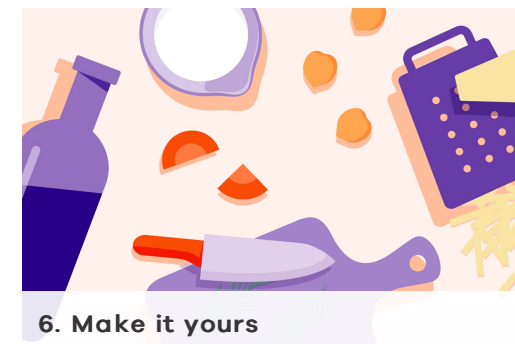
### 4. Bake eggs

Make 2 egg-sized indents in the sweet potato mixture and crack **2 eggs** into the indents. Cover with the lid, reduce the heat to low and cook for 4-5 mins until the eggs are just set.







### 5. Serve up

Meanwhile, coarsely mash the **avocado** with **2 tsp olive oil** in a bowl and season with **salt and pepper**. Divide the **sweet potato hash** among plates and top with the **rocket** and **guacamole** to serve.



### 6. Make it yours

Experiment with different spice blends, such as Cajun, or serve with a dollop of sour cream.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
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from at least **80%**  
Australian ingredients