

DINNERLY



 HEALTHY

Sweet Potato Hash with Guacamole and Baked Eggs



20-30 minutes



4 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

- 200g rocket leaves
- avocado
- 750g sweet potato
- 1 onion
- 10g smokey barbecue seasoning ¹⁷
- 2 capsicums

WHAT YOU NEED

- eggs ³
- garlic clove
- olive oil
- salt and pepper
- water

TOOLS

- large 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 575kcal, Fat 39.6g, Carbs 35.2g, Proteins 14.6g



1. Prep ingredients

Thinly slice the **capsicums**, discarding the seeds and membrane. Thinly slice the **onion** and **3 garlic cloves**. Peel the **sweet potatoes** and cut into 2cm chunks.



2. Cook sweet potato

Heat **60ml (¼ cup) olive oil** in a large deep frypan over medium heat. Add **sweet potato** and **60ml (¼ cup) water**, season with **salt and pepper** and cover with a lid. Cook, stirring occasionally, for 8-10 mins until almost tender. Add **onion, garlic** and **capsicum** and cook, uncovered, for a further 5 mins or until vegetables are slightly caramelised on the bottom.



3. Add smoky BBQ seasoning

Add **3 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**.



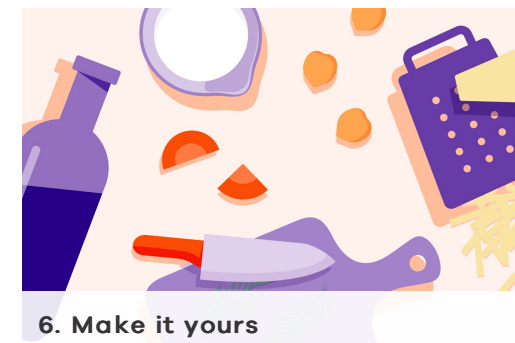
4. Bake eggs

Make 4 egg-sized indents in the sweet potato mixture and crack **4 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 **avocados** with **1 tbs olive oil** in a bowl, then 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.