



FAST

KETO FRIENDLY

Cowboy Beef & Bacon Hash

with Zucchini, Tomatoes & Cheddar



20-30min



4 Servings

Plot twist: bacon and eggs aren't just for breakfast. This dish features peak-season produce, like zucchini, and a smoky spice thanks to the harissa blend. This hash is the dish that your weeknight dinner rotation needs.

What we send

- bacon
- plum tomatoes
- fresh chives
- zucchini
- grass-fed ground beef
- sharp cheddar cheese ⁷
- harissa spice blend
- red onion

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

Tools

- box grater
- ovenproof skillet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 55g, Carbs 12g, Proteins 68g



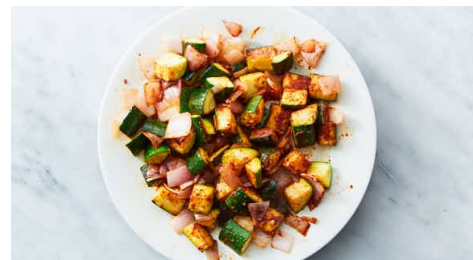
1. Prep ingredients

Preheat oven to 450°F with a rack in upper third. Halve or quarter **zucchini** lengthwise (depending on size), then cut crosswise into 1-inch pieces. Peel and chop **onion** into 1-inch pieces. Cut **bacon** into 1-inch pieces. Grate **cheddar** on the large holes of a box grater, or cut into bite-size pieces.



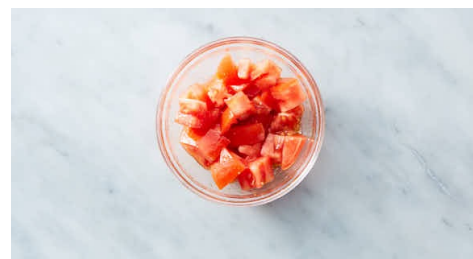
4. Add eggs

Return **veggies** and **bacon** to skillet with **beef**. Season to taste with **salt** and **pepper**. Scatter **cheddar** over top. Use a spoon to make four wells in the hash. Crack **4 large eggs**, one at a time, directly into wells. Season with **salt** and **pepper**. Bake on upper oven rack until **egg whites** are set and **yolks** are runny, about 8 minutes (watch closely, as ovens v...



2. Cook zucchini & onions

Heat **2 tablespoons oil** in a large ovenproof skillet over medium-high. Add **zucchini, onions**, and season with **salt**. Cook, stirring occasionally, until golden-brown and slightly softened, 7-10 minutes. Add **2 rounded tablespoons of the harissa spice blend** and cook, about 30 seconds. Season to taste with **salt** and **pepper**. Transfer veggies to a plate.



5. Make tomato salad

While **eggs** bake, cut **tomatoes** into ½-inch pieces. In a small bowl, whisk together **1 tablespoon vinegar**, **1 tablespoon oil**, and **a pinch each salt and pepper**. Stir in tomatoes.



3. Cook bacon & beef

Add **bacon** to skillet and continue to cook over medium-high, stirring, until golden-brown and crisp, 4-5 minutes. Using a slotted spoon, transfer to plate with **veggies**. Add **beef**, and season with **salt** and **pepper** to skillet. Cook, breaking up meat with a spoon, until beef is no longer pink and is well browned, 3-4 minutes. Pour off excess fat from skillet.



6. Finish & serve

Finely chop **chives**. Serve skillet topped with **tomato salad** and sprinkle **chives** over top. Enjoy!