



Sweet Potato & Courgette Hash

Serves 4

16 oz. (450g) sweet potato, peeled, cut into cubes
1½ tbsp. coconut oil
2 medium courgette, diced
1 onion, diced
2 cloves garlic, chopped
8 eggs
handful parsley, chopped
cayenne pepper, to taste
salt & pepper

What you need to do

Cook the sweet potato for 3-4 minutes in a pot of boiling water, then drain.

Heat the ½ tablespoon of the oil in a pan, over medium heat. Add the sweet potato, courgette, onion and garlic, sauté for about 5 minutes, until cooked and browned. Season to taste with salt and pepper, and set aside.

Heat the remaining oil in the pan and fry the eggs to your liking.

Divide the vegetables between 4 plates, top with fried eggs and sprinkle with parsley. Season with cayenne pepper, salt & pepper, to taste and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	296	14	29	15

*Nutrition per serve

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