



Sweet Potato & Egg Hash

2 servings
25 minutes

Ingredients

- 1 tsp Coconut Oil
- 1 Sweet Potato (medium, diced)
- 1/2 tsp Smoked Paprika
- 1 Red Bell Pepper (diced)
- 2 cups Kale Leaves (chopped and packed)
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (sliced)
- 1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	363
Fat	22g
Saturated	6g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	32g
Fiber	12g
Sugar	6g
Protein	12g

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat a cast iron pan over medium heat and add oil. Once melted, add the diced sweet potato. Cook for about 4 minutes undisturbed. Once browned, flip them around and continue cooking for 5 more minutes.
- 3 Add the smoked paprika and diced pepper and cook for another 2 minutes. Then add the chopped kale and cook until just wilted. Remove the pan from the heat.
- 4 Make two spaces in the hash mix and crack eggs into each space. Season with sea salt and pepper and place in the oven to bake for 6 to 8 minutes, or until eggs are cooked to your preference.
- 5 Remove from the oven and garnish with avocado and green onion. Divide onto plates and enjoy!

Notes

No Sweet Potato, Use butternut squash instead.

No Kale, Use another leafy green, such as beet greens or rapini.

More Protein, Add extra eggs.

Prep Ahead, Chop vegetables in advance to save time.