

# One-pan sweet potato and egg hash

10m prep | 15m cook | 4 servings ★ ★ ★ ★ ★



## 9 Ingredients

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- 1 tbsp extra virgin olive oil
- 1 red onion, finely chopped
- 600g sweet potato, peeled, cut into 1.5cm pieces
- 1 red capsicum, deseeded, finely chopped
- 2 garlic cloves, crushed
- 2 zucchini, cut into 1cm pieces
- 4 eggs
- 1/4 cup fresh basil leaves
- Pinch of dried chilli flakes (optional)

## 2 Method Steps

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- **Step 1** Heat the oil in a large non-stick frying pan over medium-high heat. Cook the onion, stirring often, for 3-4 minutes or until golden. Add the sweet potato, capsicum and garlic. Cook, stirring occasionally, for 10 minutes or until golden. Add the zucchini and cover pan. Cook for 5 minutes or until the vegetables are tender.
  - **Step 2** Make 4 indents in the vegetable mixture and crack an egg into each indent. Cover pan and cook until the eggs are cooked to your liking. Serve sprinkled with basil and chilli flakes, if using.
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