



## Sweet Potato Corned Beef Hash



Serves  
4



Prep  
10 minutes



Cooking  
About 20  
minutes



### Ingredients

340g can Princes Corned Beef, chilled and cut into cubes

750g sweet potatoes, peeled and cut into small chunks, about 2cm

4 tbsp sunflower oil

1 large red onion, chopped

1 tsp smoked paprika

100 g baby spinach leaves

Salt and freshly ground black pepper

4 eggs

1 tbsp freshly chopped flat- leaf parsley

	Calories	Sugars	Fat	Saturated Fat	Salt
100g	136	3.3g	6.9	2.1	0.6g
RI%	28%	15%	41%	43%	43%

### Method

1. Cook the potatoes in a large pan of boiling salted water for 4-5 minutes, until just tender, drain in a colander and allow to dry.
2. Meanwhile heat 2 tbsp of the oil in a large frying pan, add the onion and cook over a gentle heat for 3-4 minutes until softened, then stir in the smoked paprika. Add the sweet potatoes and cook for 8-10 minutes, turning occasionally until golden.
3. Add the spinach and stir until it starts to wilt then add the corned beef.
4. Cook over a low heat until the corned beef is heated through. Season to taste.
5. Meanwhile heat the remaining oil in a frying pan, crack in the eggs and fry for about 3 minutes.
6. Divide the hash between 4 bowls and top each with an egg, then sprinkle over the parsley. Serve immediately.

