

# Rainbow Veggie Hash

## with Feta and Fried Egg

hellóchef

This dinner is a great one for prepping ahead!

Cals 382 • Prot 22 • Carbs 42 • Fat 15

Vegetarian

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Hash	2 ppl	3 ppl	4 ppl	
Potatoes	450	600	900	Grams
Sweet potatoes	300	400	600	Grams
Carrot	2	3	4	Pieces
Brown onion	1	2	2	Pieces
Garlic cloves	3	4	5	Pieces
Red pepper	1	2	2	Pieces
Olive oil	3	5	6	Tbsp
Salt	1	2	2	Tsp
Black pepper	0.5	1	1	Tsp
Fresh parsley	20	20	20	Grams
Feta cheese 4*	100	150	200	Grams
Topping				
Organic Eggs 5*	2	3	4	Pieces
Olive oil	1	2	2	Tbsp

Allergens

\*4 Milk, \*5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	1599 / 382
Fat (g)	14.5
of which saturates (g)	7.5
Carbohydrate (g)	42
of which sugars (g)	11.6
Fiber (g)	9
Protein (g)	22
Salt (g)	4.8

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



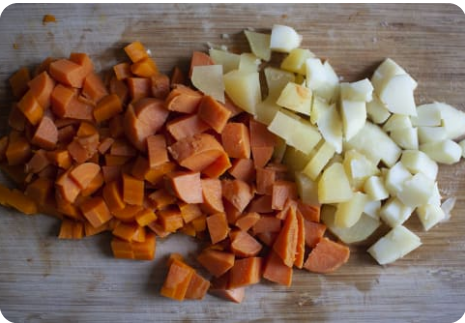
1 Boil roots

Place **potatoes, sweet potato** and **carrots** into a large pot. Add enough water to almost cover the ingredients. Bring to a boil, cover and cook for about 10-15 minutes until semi-cooked.



2 Prep veggies

Peel and mince **brown onion** and **garlic cloves**. Cut bell **pepper** to cubes.



3 Peel and cube

Drain root vegetables. Once cooled, peel **potatoes, sweet potatoes** and **carrots** thinly. Cut to small cubes. (See pro tip!)



4 Fry hash

Heat a generous amount of **oil** in a pan (or two pans). Fry **onion** and bell **pepper** with a pinch of **salt** for 5 minutes. Add **garlic** and cubed **potatoes, sweet potatoes** and **carrot**. Fry, turning occasionally, for about 10 minutes, until everything is nicely browned and fully softened. Season generously with **salt** and **pepper**. Chop the **fresh parsley** and fold in. Crumble the **feta cheese** on top. Keep warm.



5 Fry eggs

Heat a bit of **oil** in a pan and fry **eggs** sunny side up or to your liking. (Season lightly with **salt** and **pepper**, optional.) Serve the **eggs** on top of the hash.