

Sweet Potato Hash with Fried Eggs

Adapted from: Michelle Tam (*Nom Nom Paleo*)

Prep time: 15 minutes
Cook time: 10-20 minutes

Total time: 25-35 minutes
Serves: 2



Ingredients

For the hash:

- 1 large garnet yam (or sweet potato – they are interchangeable)
- 1 big pinch kosher salt
- several turns freshly ground black pepper
- a few shakes garlic powder
- a couple dashes of onion powder

- a sprinkle of dried herbs
- 2 tbsp. butter or oil of choice

For the eggs:

- 4 large eggs
- 1 tbsp. butter
- salt and pepper to taste

Instructions

1. Peel and cut the yam lengthwise so the slices fit in the feeding tube of your food processor.
2. Attach the julienne slicer blade to the machine and shred the yams. (You can grate the yams by hand but be very careful!)
3. Transfer the shredded yams to a large bowl and toss with salt, pepper, garlic, and onion powders, and dried herbs.
4. Heat the fat in a large cast iron skillet over medium heat. When the oil is shimmering, add the seasoned sweet potatoes/yams.

5. Toss everything in the fat and stir-fry for a minute. Then, pop on a lid for a few more minutes while the yams cook.
6. The hash is ready when there's some crunchy brown bits and texture is soft and tender.
7. Eat as is OR add a couple of sunny-side-up eggs!
8. For the eggs, melt butter in the cast iron skillet over medium-low heat. When the butter foams, crack two eggs in a bowl and pour them gently into the hot pan.
9. Season eggs with salt and pepper, then cover with a lid for 2-3 minutes (depending on how you like your eggs).
10. Once they're done, carefully slide them on a mound of the hash. Repeat with the remaining eggs. Enjoy!