

PEOPLE'S KITCHEN

Breakfast Hash with Bacon & Poached Egg



Ingredients:

- 700 gms potatoes, diced
- 3 tbsp. rapeseed oil
- 1 onion, sliced
- 150 gms mushrooms, sliced
- 100gms spinach
- 150 gms cherry tomatoes, halved
- 4 slices lean bacon
- 4 medium eggs, poached

Method

Boil the potatoes for 15-20 minutes until tender, drain and cool slightly

Meanwhile, heat 1 tbsp. oil in a frying pan and fry the onion for 4 minutes, add the mushrooms and fry for another 3 minutes. Add the spinach and tomatoes and cook for a further minute

Roughly mash the potato and mix into the onion mixture. Season with salt and pepper.

Cook the bacon under a preheated grill for 4-5 minutes.

Divide the potato hash into 4 rounds. Heat the remaining oil in a large frying pan and fry the hash rounds for 2 minutes each side.

Top with bacon and a poached egg then serve

Recipe from Farmhouse Breakfast Week – Shake Up Your Wake Up



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