

SWEET POTATO HASH WITH KALE

This recipe makes 1 serving



Pan
Knife
Plate

EQUIPMENT

Stove
Chopping board
Spoon

NUTRITION FACTS PER SERVING

Calories: 230
Total Fat: 13.5g
Saturated Fat: 9.2g
Cholesterol: 164mg
Sodium: 133mg
Potassium: 687mg
Carbs: 20.1g
Fiber: 3.1g
Sugars: 4.3g
Protein: 8.8g



INGREDIENTS

1 small sweet potato
1 spring onion
2 large leaves of kale
2 tsp coconut oil
1/8 tsp cayenne
1/8 tsp garlic powder
1/8 tsp cumin
1/8 tsp parsley
salt and pepper, to taste
1 egg



METHOD

1. Slice the sweet potato into small pieces. You can make them whatever size you'd like, but the smaller they are, the faster they'll cook. I diced mine up pretty tiny. Once you've diced your sweet potato, slice up your spring onion as well.
2. Heat your oil in a pan over medium heat. Once the pan has heated, add in your sweet potato, spring onion, cayenne, garlic powder, cumin, parsley, salt and pepper.
3. Let this cook for 12 minutes. Once 12 minutes have gone by, separate the kale leaves from the stems, chop them up into small pieces, and add them to the sweet potato / spring onion mixture. Let cook for an extra 5-8 minutes - until sweet potato is tender.
4. While this is cooking, prepare your egg how you'd like it. I chose to make mine over-easy, since the egg yolk adds a delicious flavour as it runs over the final dish.
5. When sweet potato is fully cooked, transfer sweet potato mixture to a plate, top with your egg. Eat, enjoy, and feel the benefits!

