



CHICKEN & POTATO HASH

Ingredients (serves 2)

- 2 chicken breasts (cut into strips)
- 150g potatoes
- 2 eggs
- 100g sugar snap peas
- 1 red onion (sliced)
- 2 handfuls of spinach
- 100g broccoli
- Smoked paprika(salt & pepper to taste)
- 1 tbsp of olive oil



Method

- 1) Cook potatoes in boiling water until tender
- 2) Heat oil in a pan over a medium heat. Add the chicken & cook for about 3 mins.
- 3) Add broccoli, sugar snaps & onions & stir fry for a further 2 mins
- 4) In the meantime bring a saucepan of water to the boil. Carefully crack your egg into the hot water, reduce the heat and cook for 4 minutes
- 5) Drain cooked potatoes & add to frying pan with chicken & vegetables
- 6) Cook for a further 3 - 4 minutes
- 7) Add spinach, season with paprika, salt & pepper
- 8) Serve with an egg on top