

BREAKFAST HASH



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This recipe is a great way to use any leftover roasted vegetables from meal prepping earlier in the week. It uses a handful of vegetables, but you can add any roasted vegetables you may have leftover.



INGREDIENTS

Olive oil
2 sweet potatoes, cubed
1 head of cauliflower, cut into florets
10 Brussel sprouts, cut thin
1 sweet onion, diced
1 red pepper, diced
Soyrizo (can sub chorizo)
Salt and pepper
4 eggs

Honey Mustard Vinaigrette
2 Tbsp whole grain mustard
1 Tbsp honey
1 Tbsp apple cider vinegar

DIRECTIONS

1. Heat oven to 425°F. Toss the sweet potato with olive oil, salt and pepper on a baking sheet. Roast until tender ~30 minutes. Flip after 15 minutes.
2. On a separate pan, toss the cauliflower with olive oil, salt and pepper. Roast until golden brown ~30 minutes. Flip after 20 minutes.*
3. In a sauté pan, heat 1 tbsp of olive oil on medium high heat. Add onions until they begin to turn translucent. Add the brussel sprouts and sauté until they begin to turn golden brown.
4. Add another 1 tbsp of olive oil and the Soyrito, Stir occasionally. After 4 minutes. add the red pepper and sauté until slightly tender.
5. Transfer the sweet potato to a bowl. Mash with a fork until smooth.
6. Add 1 tbsp of olive oil, mashed sweet potato, and cauliflower into sauté pan. Fold in the mixture so that it covers the bottom of the pan.
7. Crack 4 eggs on top of the mixture in the sauté pan. Add ¼ of water and cover the sauté pan with lid. Cook time will depend on type of eggs you want. For runnier eggs, cook until whites are solid. If needed, add a tablespoon of water to cook longer.
8. Whisk the ingredients for the vinaigrette in a bowl.
9. Serve hash with a drizzle of vinaigrette on top.

*Can be prepared earlier in the week.

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