



# Cheesy Bacon & Potato Hash

with Fried Egg & Caramelised Onion

Grab your Meal Kit with this symbol



Potato



Capsicum



Snacking Tomatoes



Aussie Spice Blend



Brown Onion



Diced Bacon



Cheddar Cheese



Baby Spinach Leaves



Mustard Cider Dressing



Parsley



BBQ Sauce

Prep in: 20 mins  
Ready in: 30 mins

A potato hash may be an anything-goes sort of meal, but we think we've nailed it with this combination. Chunks of golden potato and crispy bacon are topped with melted cheese for the ultimate base then layered with caramelised onions, a fried egg and our classic BBQ sauce. Load up your fork and dig in!

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Eggs

SFD





## Before you start

Wash your hands and any fresh food.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People
<b>olive oil*</b>	refer to method
potato	2
capsicum	1
snacking tomatoes	1 punnet
Aussie spice blend	1 medium sachet
brown onion	1
<b>balsamic vinegar*</b>	1 tbs
<b>brown sugar*</b>	1 tsp
diced bacon	1 packet (90g)
Cheddar cheese	1 large packet
<b>eggs*</b>	2
baby spinach leaves	1 small bag
mustard cider dressing	½ packet
parsley	1 bag
BBQ sauce	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2813kJ (672Cal)	401kJ (96Cal)
Protein (g)	33.4g	4.8g
Fat, total (g)	37.8g	5.4g
- saturated (g)	13.7g	2g
Carbohydrate (g)	48.1g	6.9g
- sugars (g)	25.8g	3.7g
Sodium (mg)	1758mg	250mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Thinly slice **capsicum**.
- Place **potato, capsicum, snacking tomatoes** and **Aussie spice blend** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until just tender, **15 minutes** (veggies will finish roasting in step 3!).

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Fry the eggs

- When the cheesy veggies have **5 minutes** remaining, wipe out frying pan, then return to medium-high heat with a good drizzle of **olive oil**.
- When oil is hot, crack the **eggs** into pan. Fry until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**.



## Caramelize the onion

- Meanwhile, thinly slice **brown onion**. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, the **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



## Toss the salad leaves

- Meanwhile, in a medium bowl, combine **baby spinach leaves** and **mustard cider dressing** (see ingredients).
- Roughly chop **parsley** leaves.



## Make it cheesy

- To the roast **veggies**, add **diced bacon**, breaking it up with your hands. Sprinkle over **Cheddar cheese**.
- Return to oven and roast until golden, a further **8-12 minutes**.



## Serve up

- Divide cheesy bacon and potato hash between plates. Top with a fried egg, caramelized onion and a drizzle of **BBQ sauce**.
- Garnish with parsley. Serve with dressed spinach. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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