

ROOT VEGETABLE HASH WITH FRIED EGGS

A hash is a blank canvas! Use whatever vegetables your heart desires and toss in any herbs, seasonings, or surprises under the sun. For some protein add fresh (or leftover) bacon or chorizo, seitan or tofu, or leftover beef. Then crumble a bit of mozzarella or feta! In this recipe, we use seasonal root vegetables with an egg on top. Because everything is better with an egg.



Ingredients

- 2 yams
- 3-4 medium potatoes
- 1-2 large daikon radish
- 4 eggs
- 1/2 tsp. Italian seasoning

From your pantry

- 1 onion
- 1 tbsp butter
- 2-3 carrots
- oil
- salt and pepper

Equipment:

- 1 large oven safe skillet
- 1 pan or skillet

PREPARATION: 15 MIN

COOKING: 45 MIN

READY IN: 60 MIN

MAKES 4-6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce. Preheat oven to **400** degrees.*

1. Peel and dice **onion, yams, and daikon radish** into 1/2" pieces. Dice **potatoes and carrots** into 1/2" pieces (we like to leave the peel on but peel if you prefer)! Preheat a large oven-safe skillet for 3-5 min.

2. Toss the vegetables with a little oil and salt. Scatter vegetables into skillet, leaving some space between pieces. Roast in the oven, shaking the pan occasionally until the vegetables are golden and beginning to brown, about 30- 45 minutes.

3. When veggies are almost done, set a separate skillet over medium heat, melt **butter** and swirl it to coat the pan. Crack the **eggs** into the skillet and sprinkle with salt, pepper and a little Italian seasoning. Cover and cook until the yolk is just set to your liking, about 1 to 3 minutes. Remove the lid. Using a spatula, transfer the eggs to the hash. Serve hot.

4. Divide hash among bowls. Enjoy!

Tips, Tricks, and Terms

WAYS TO HASH

BREAKFAST

Root vegetable mix + breakfast sausage or seitan + eggs 

MEDITERRANEAN

Root vegetable mix + chicken or shrimp (or neither) + feta + olives + parsley + lemon 



BUFFALO CHICKEN

Root vegetable mix + chicken or tofu + buffalo sauce + green onions + blue cheese

PLANTAIN + BLACKBEAN




Root vegetable mix with diced plantains + black beans + sour cream + cilantro + lime juice

SAUSAGE + POTATOES AND GREEN BEAN



Root vegetable mix with potatoes + Andouille or polish sausage + green beans + seasoning

STEAK & EGGS

Root vegetable mix + steak bits + garlic + thyme or rosemary + eggs 

A little about...

SEITAN: known as wheat meat or wheat protein is a popular meat substitute made by rinsing the starch from wheat dough. Seitan has a mild flavor similar to a mushroom with a texture closer to chicken.



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