



INGREDIENTS

6 PERSON | 12 PERSON



1 | 2

Sweet Potato



5 oz | 10 oz

Spinach



4 | 8

Eggs

Contains: Eggs



6 TBSP | 12 TBSP

Sour Cream

Contains: Milk



1 TBSP | 2 TBSP

Fry Seasoning



1 Cup | 2 Cups

White Cheddar
Cheese

Contains: Milk



6 tsp | 12 tsp

Hot Sauce

MAKE-AHEAD BREAKFAST HARVEST EGG BITES

with Sweet Potato, Spinach, White Cheddar & Hot Sauce



✓ **READY, SET,
BREAKFAST!**



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!

TOTAL TIME: 35 MIN | CALORIES: 190



BUST OUT

- Large bowl
- Plastic wrap
- Medium bowl
- Whisk
- Muffin tin
- Kosher salt
- Black pepper
- Nonstick cooking spray

REHEAT & EAT!

Refrigerate any leftovers in an airtight container for up to 7 days. To enjoy these egg bites again, microwave for 30-60 seconds or reheat in a 350-degree oven until warmed through, 5-7 minutes.

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663 | hello@hellofresh.com

[HelloFresh.com](https://www.hellofresh.com)

MAKE-AHEAD BREAKFAST HARVEST EGG BITES

with Sweet Potato, Spinach, White Cheddar & Hot Sauce

INSTRUCTIONS

- Adjust rack to middle position (top and middle positions for 12 servings) and preheat oven to 400 degrees. **Wash and dry produce.**
- Dice **sweet potato** into ½-inch pieces. Place in a large microwave-safe bowl; cover with plastic wrap. Microwave until tender, 6-8 minutes.
- Meanwhile, roughly chop **spinach**. In a medium bowl (large bowl for 12 servings), whisk together **eggs***, **sour cream**, **Fry Seasoning**, and ½ cup **water** (⅔ cup for 12) until no lumps remain. Season generously with **salt** and **pepper**.
- Once sweet potato is cooked, carefully remove plastic wrap (**watch out for steam!**); stir in **spinach**, working in batches if necessary, until softened. Return to microwave until spinach is slightly wilted, 30 seconds. Season with **salt** (we used ½ tsp; 1 tsp for 12 servings) and **pepper**; toss to combine.
- Generously grease a standard 12-cup nonstick muffin tin with **nonstick cooking spray** (use two muffin tins for 12 servings). Divide **veggies** and **cheddar** equally among wells. Ladle **egg mixture** evenly over top so that each well is about two-thirds full. (**TIP: Transfer egg mixture to a measuring cup for easier pouring.**) Stir muffin wells to combine.
- Bake **egg bites** on middle rack until eggs are puffed and centers are set, 13-15 minutes (for 12 servings, bake on top and middle racks, switching rack positions halfway through). Let cool 5 minutes, then loosen edges with a spatula to remove.
- To serve, divide **egg bites** between plates (**two egg bites per serving**). Serve with **hot sauce** on the side. To stash, see instructions on left.
- **TIP: No muffin tin? No problem! Line an 8-by-8-inch baking dish with foil (9-by-13-inch baking dish for 12 servings) and grease. Fill with veggies, cheddar, and egg mixture; stir to combine. Bake until puffed and set in the center, 14-16 minutes. Let cool for 5 minutes, then slice into six pieces (twelve pieces for 12).**

*Wash hands and surfaces after handling raw eggs. Consuming raw or undercooked eggs may increase your risk of foodborne illness.

WK 20-15

15