



OCT
2016

Marble Potato and Brussels Sprout Hash

with Fried Eggs, Red Cabbage, and Cayenne

As their name suggests, Brussels sprouts were first cultivated in Belgium during the 16th century. They're closely related to broccoli, kale, and other cruciferous veggies in the cabbage family. Because Brussels sprouts are in season from late August to March, we're finding any excuse possible to cook with them.



Prep: 5 min
Total: 30 min



level 1



nut
free



veggie



gluten
free



Brussels
Sprouts



Red
Onion



Garlic



Marble
Potatoes



Red
Cabbage



Eggs



Cayenne
Pepper

Ingredients	2 People	4 People	*Not Included
Brussels Sprouts	8 oz	16 oz	Allergens
Red Onion	1	2	1) Egg
Garlic	2 Cloves	4 Cloves	2) Milk
Marble Potatoes	12 oz	24 oz	
Red Cabbage	4 oz	8 oz	
Eggs	1) 4	8	
Cayenne Pepper 	1 t	1 t	Tools
Butter *	2) 1 T	2 T	Baking sheet,
Olive Oil *	3 t	6 t	2 Large pans

Nutrition per person Calories: 464 cal | Fat: 24 g | Sat. Fat: 8 g | Protein: 20 g | Carbs: 47 g | Sugar: 9 g | Sodium: 210 mg | Fiber: 11 g

1



1 Prep: Wash and dry all produce. Preheat oven to 450 degrees. Trim and halve **Brussels sprouts** lengthwise, then slice into shreds. Halve, peel, and dice **onion**. Mince **garlic**. Halve **potatoes** (quarter any larger ones so all potatoes are of equal size).

2



2 Roast the potatoes: Toss **potatoes** on a baking sheet with a drizzle of **olive oil** and a large pinch of **salt** and **pepper**. Make sure all are cut-side down. Roast until golden brown and crispy, 18-20 minutes, tossing once halfway through.

3 Start the hash: Heat **1 Tablespoon butter** in a large pan over medium heat. Add **onions** and toss until just softened, 2-3 minutes. Add **red cabbage** and **garlic**, and toss until tender, 3-4 minutes.

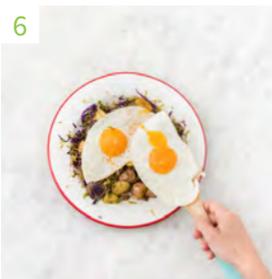
4 Add the Brussels sprouts: Add **Brussels sprouts**, and toss until **veggies** are tender and beginning to turn golden brown, another 4-5 minutes. Season to taste with **salt** and **pepper**. Remove pan from heat.

5



5 Fry the eggs: Heat a large drizzle of **olive oil** in another large pan over medium-high heat. Once hot, crack **eggs** and fry until edges begin to turn golden. Reduce heat to medium, and cover until whites are set but yolks are still runny, about 1 minute. **TIP:** Add a few teaspoons water to speed up cooking.

6



6 Finish and serve: Toss **potatoes** into **Brussels sprout mixture**. Season to taste with **salt** and **pepper**. Divide **hash** between two plates, and top with **fried eggs**. Sprinkle with **salt** and a pinch of **cayenne pepper** (to taste). Enjoy!

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