Butternut & Sage Breakfast Hash

Sweet roasted squash crisped in sage-scented oil with an egg on top.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**22 min**	**30 min**	**2**	**EASY**

Ingredients

- 500 g butternut squash (peeled and cut into 1.5cm cubes)
- 8 fresh sage leaves
- 1 red onion (sliced)
- 2 eggs
- 2.5 tbsp olive oil
- 0.5 tsp chilli flakes

Method

1. Heat 2 tbsp of the oil in a large frying pan over a medium heat. Add the squash and a pinch of salt, cover and cook for 10 minutes, stirring twice.
2. Uncover, turn the heat up and fry for 6 minutes more, until the edges are browned and the centres tender.
3. Add the onion and cook for 4 minutes, then add the sage leaves and chilli flakes and fry for 1 minute until the sage crisps.
4. Push to one side, add the last of the oil and fry the eggs.
5. Season the hash well and serve with the eggs on top.

Tips & swaps

- Covering the pan for the first stage steams the squash through, so the outsides can brown properly afterwards without the middles staying raw.

Storage & reheating

Hash keeps 2 days in the fridge; reheat and fry eggs fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
280	**10g**	**32g**	**14g**	**6g**

Estimated values, for guidance only. Contains: Egg.