THE LIGHTER PLATE METHOD

Sweet Potato & Black Bean Breakfast Hash

A smoky, filling skillet of caramelised sweet potato and beans topped with a runny egg.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**17 min**	**25 min**	**2**	**EASY**

Ingredients

- 1 large sweet potato (about 350g, cut into 1.5cm cubes)
- 400 g tin black beans (drained and rinsed)
- 1 red onion (sliced)
- 1 tsp smoked paprika
- 2 eggs
- 1 small handful fresh coriander
- 2 tbsp olive oil

Method

1. Heat 1½ tbsp of the oil in a large frying pan over a medium-high heat. Add the sweet potato and a good pinch of salt.
2. Fry for 10 minutes, turning every few minutes, until the cubes are browned and tender at the centre.
3. Add the onion and smoked paprika and cook for 3 minutes more, until the onion softens.
4. Stir in the black beans and cook for 2 minutes to heat through. Push the hash to one side.
5. Add the last of the oil to the empty side and fry the eggs to your liking. Scatter the hash with torn coriander and serve with the eggs on top.

Tips & swaps

- Cut the sweet potato small and resist stirring it too often; it needs contact with the pan to caramelise rather than steam.

Storage & reheating

The hash keeps for 2 days in the fridge; reheat in a hot pan and fry the eggs fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**14g**	**40g**	**14g**	**10g**

Estimated values, for guidance only. Contains: Egg.