

SWEET POTATO, BRUSSELS SPROUT AND MUSHROOM HASH, WITH BAKED EGGS

INGREDIENTS

1 large sweet potatoes, diced
1 large onion, diced
2 cups Brussels, halved
4 tablespoons extra-virgin olive oil, divided
2 cups crimini mushrooms, halved
Salt and pepper to taste
4 eggs

DIRECTIONS

Preheat the oven to 400F

Place the sweet potato, onion, and Brussels sprouts in a large baking dish. Toss with 2 tablespoons olive oil and season with salt and pepper. Roast for 20 minute until tender. In a sauté pan on the stovetop, over medium heat, heat the remaining 2 tablespoons of olive oil. Once shimmering, sauté the mushrooms until tender (if you do this with the other veggies in the oven, they just shrivel up and look unappetizing).

Remove the baking dish from the oven. Add the mushroom. Carefully crack 4 eggs over the top. Sprinkle with salt and pepper. Return to the oven and bake for another 15 minutes until the whites are set and the yolk is still runny. Let sit for a few minutes then serve, being careful not to break the yolks.