



## SWEET POTATO HASH WITH A FRIED EGG

### INGREDIENTS

- 4 medium sized sweet potatoes, peeled and cubed
- 4 Large Eggs
- 1 small onion
- 1 teaspoon Red paper flakes
- 2 teaspoons Salt
- 1 teaspoon smoked paprika
- 1 teaspoons black pepper
- 3 tablespoon olive oil

### INSTRUCTIONS

1. Heat 2 tablespoons of oil in a large sauté pan. Add chopped onions and sweet potato in one layer, stirring occasionally, until golden brown and crispy. Season with Salt, Pepper, Paprika and red pepper flakes.
2. In a separate pan over medium low heat, warm the additional tablespoon of oil. In a bowl crack one egg at a time and add to the pan.



Serves 4