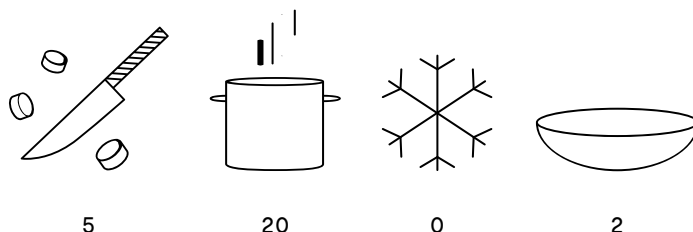




Potato and Chorizo Hash

Seriously satisfying and an easy one to start the day with a punch!



Ingredients

- 1 large onion
- 1 clove of garlic
- 120g chorizo
- 2-3 potatoes
- 1/2 bunch of fresh flat-leaf parsley
- The Groovy Food Company Avocado Oil Spray
- 2 large free-range eggs

Directions

1. Cut your potatoes to small even chunks and boil until just cooked
2. Drain and set aside
3. Preheat the oven to 180°C
4. Peel and finely chop the onion and garlic, chorizo & parsley
5. Gently fry the onion and garlic in a spray until the onion is soft. Add the chorizo and fry for 2 to 3 minutes.
6. Add the potatoes and cook for 5 minutes more, then crack the eggs on top.
7. Put the pan (oven proof) in the oven and bake for 8 minutes, or until the egg white is set but the yolk is still runny.
8. Sprinkle with sea salt, black pepper and the

parsley, to serve.