



KUMARA, SPINACH & BACON HASH WITH EGGS & FETA

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Preparation 20 mins | Cooking 20 mins | Serves 4

750g kumara (orange sweet potato), peeled and cut into 1cm cubes
2½ tbs light flavoured olive oil
200g rindless short cut bacon, roughly chopped
1 garlic clove, crushed
80g baby spinach leaves
4 free-range eggs
75g feta, crumbled
Wholegrain toast, to serve

STEP 1 Place kumara into a large microwave safe bowl. Sprinkle with 1 tbs water. Cover with a plate and microwave on high for 6 minutes or until softening.

STEP 2 Meanwhile, heat 2 tsp oil in a large frying pan over medium heat. Add bacon and cook, stirring often, for 4-5 minutes until crisp. Transfer to a plate lined with paper towel.

STEP 3 Heat 1 tbs oil in the pan over medium heat. Add kumara and garlic to pan and cook, stirring often, over medium heat for 8-10 minutes or until just tender. Stir through spinach. Season with salt and pepper to taste.

STEP 4 While the kumara is cooking, heat 1 tbs oil in another frying pan over medium-high heat. Crack eggs into the pan and fry for 2-3 minutes until yolks are almost set through (or cook to your liking).

STEP 5 Arrange kumara mixture on serving plates. Top with eggs and sprinkle with feta. Serve with wholegrain toast.

Good for you... KUMARA

One of the few vegetables that provides a source of carbohydrate. This has a low glycaemic index (GI), which means that the carbohydrate is digested slowly to provide long-lasting energy. Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.



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