

Chicken & New Potato Hash

Ingredients

Click the image below for a [video guide](#).



- 1 tbsp oil
- 400g new potatoes, halved
- 400g chicken breasts, sliced
 - 4 onions, sliced
 - Handful of spinach
- Any veg suitable to you
 - 4 eggs
 - 2 tbsp paprika
- Salt and pepper to taste

Method

1. Cook your potatoes in the microwave for 8 minutes on full power.
2. Meanwhile, in a pan melt your oil and add your chicken. Allow to brown slightly for a couple of minutes before adding in your onions and any other vegetables you have to hand.
3. Fry for another minute or until they soften and remove from the pan and place in a bowl.
4. Once the potatoes are ready add them into the empty but hot pan and allow them to brown. Add in your paprika, salt and spinach and stir before adding back in your chicken.
5. Plate up your chicken and potato hash before frying your eggs to your preference and serving.

The Finer Details

Per Portion
390 Calories
38g Protein
16g Carbs
16g Fat
