

Chicken & New Potato Hash

Ingredients



- 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 the potatoes in the microwave on full power for 8 minutes.
2. In a pan, melt the oil and add the chicken. Let it brown slightly for a couple of minutes, then add onions and any other vegetables you have on hand.
3. Fry for another minute or until the vegetables soften. Remove from the pan and place in a bowl.
4. Once the potatoes are cooked, add them to the same hot pan and let them brown. Add paprika, salt, and spinach, and stir before returning the chicken to the pan.
5. Plate the chicken and potato hash, then fry the eggs according to your preference and serve.

The Finer Details

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