Chicken & Chorizo Sausage Hash

Per Portion
500 Calories
30g Protein
20g Carbs
35g Fat

Ingredients

- 2 tins new potatoes, quartered
- 2 tbsp oil
- 2 sausages
- 150g chorizo, diced
- 2 onions, diced
- 1 tbsp paprika
- 50g Cheddar cheese, grated

Method

1. Parboil your potatoes for 5 minutes, then drain. Skip this step if using leftovers, tinned or pre-cooked.

2. Heat the oil in a large frying pan. Squeeze the meat from each sausage (discarding the skins).

3. Fry the chorizo, onion and sausage meat for 5 minutes, until cooked through.

4. Sprinkle the paprika into the pan and cook for 1 minute. Add your potatoes and cook for 10 minutes, until crispy.

5. Sprinkle the cheese on top and put under a preheated hot grill until melted.

6. Serve with fried or poached eggs or baked beans, or both.