

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.

**This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*