

Jason Pettit – Capital Radio Recipe

Fathers' Day Breakfast Hash – Chorizo, Potato, Tomato & Eggs
a quick, filling and easy treat for Dad that you can cook in under 25 minutes!



Ingredients – serves 4 people

4 med	potatoes (peeled, cut into 20mm chunks)
1 Tsp	<i>large pan & cold water to cover potatoes by 10mm salt</i>
1 lrg	onion (sliced finely)
2 lrg	garlic cloves (grated finely)
200 gm	chorizo sausages (skin removed, cut into bite sized chunks)
1 pkt	cherry tomatoes (washed & cut in half)
4 Tbsp	olive oil
4 ea	eggs
	salt & black pepper to taste
½ bunch	parsley (washed & chopped roughly)

Method

Place chopped potatoes into a pan and cover with cold water by approx. 10mm then add 1 Tsp of salt and stir. Bring to the boil then reduce heat to a simmer and cover with a lid. When they are almost cooked, drain in a colander and set aside.

Heat a large skillet / oven proof sauté pan over a medium high heat then add the oil. Add the sliced onions and sauté until the onions have softened.

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Add the garlic and season lightly with salt.

Sauté for 1 minute until the garlic loses it's 'rawness' then add the chorizo.

Continue cooking for several minutes until the chorizo leaches oil into the pan.

Add the warm potatoes and toss together to coat.

Season to taste with salt and black pepper.

Cook for several minutes to colour the potatoes / start forming a crust.

Add the cut tomatoes and toss together.

Make 4 indents on the surface with the back of a spoon then break the eggs into each indentation.

Place the pan into an oven, pre-heated to 180°C and bake until the egg whites are set firm but the yolks are still runny.

Remove pan from the oven, garnish with chopped parsley and a few twists from the pepper mill.

Notes from the chef:

You can use any left-over cooked potatoes you may have, make sure they are removed from the fridge at least 30 minutes before using and sauté for at least 5 minutes to ensure they are hot.

You can use spicy chorizo for an added 'zing' to perk Dad up!

You can make the dish even faster by cooking the eggs separately – fried or poached work best as the egg yolk acts like a sauce once broken.

You can use a mixture of sweet and ordinary potatoes if you wish but they will cook at different times so use separate pans.

Tbsp - tablespoon

Tsp - teaspoon