



Spicy Sausage, Free Range Eggs and Potato & Parsnip Hash

These gourmet sausages come straight from the shop of our Irish Craft Butcher and are just spicy enough to give a kick to the dish without being over powering. Leave the Irish Free Range Eggs nice and runny in the yoke to mix in with the rest of the dish.

Ingredients

- Jalapeño Sausage
- Baby Potatoes
- Parsnip
- Red Onion
- Garlic
- Free Range Egg
- Kale

Your Pantry

- Olive Oil
- Salt

Nutritional Info

Calories: 430 kcal
Carbohydrates: 25 g
Protein: 29 g
Fat: 20 g

Allergens


Gluten (Sausage)
Egg

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Boil the potatoes

In a pot, boil the potatoes in boiling salted water for 15 minutes.

2) Prepare the vegetables

While the potatoes are boiling, finely slice the onion and crush the garlic. Peel the parsnip and cut into 1 cm diced chunks. Remove the hard stalks from the kale and set aside.

3) Strain the potatoes

Remove the potatoes from the pot, cutting 1/2 cm slices and set aside.

4) Fry the sausage

Heat some oil in a large pan and fry the sausage for about 5 minutes. Remove the sausage from the pan, but keep the pan and oil for the vegetables.

5) Add the onion & parsnip

In the same pan that you used to fry the sausage, add the parsnips and cook for 5 minutes over a medium heat. Add the onion and cook for a further 2 minutes.

6) Add the sausage, potato & kale

Once cool enough, cut the sausage into slices. Add the garlic, potato, kale and sausage in to the parsnip & onion mixture and cook everything for 5 minutes.

7) Fry the egg

Fry the egg in a pan to your liking.

8) Plate the dish

Serve the spicy sausage and potato & parsnip hash with the egg on top.



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