

VEGAN HASH



Serves: 2
Prep: 5 mins
Cook: 10-15 mins



Nutrition per
serving:
253 kcal
7g Fats
39g Carbs
12g Protein



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WHAT YOU NEED

- 2 medium yellow potatoes
- ½ cup (150g) baby tomatoes or 1 small Roma
- 2 small kale leaves
- 1 FieldRoast Vegan Apple Sausage
- 1 tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ⅛ tsp. red cayenne pepper (optional) for extra heat
- pinch of salt and pepper
- 1 tbsp. olive oil
- ½ cup (60ml) water

WHAT YOU NEED TO DO

Chop the potatoes into bite-sized pieces. Cut the baby tomatoes in half, and remove the stem from the kale and chop it up.

Place 1 tablespoon of olive oil into a non-stick frying pan with a thick bottom. Heat the pan to a medium heat and add the potatoes and all the spices. Stir gently for 1 minute. Add in ½ cup of water and cover the pan with a lid. Cook the potatoes on a medium-low heat until all the water evaporates, this will take approximately 5 minutes.

While the potatoes are cooking, cut the vegan sausage into bite-sized pieces. Once the water has evaporated from potatoes, add in the tomatoes, kale and sliced vegan sausage. Cook for another 5 minutes stirring until the sausage and potatoes crisp up a little. Serve immediately.

Tip: *To add more protein, add in one more vegan sausage.*