

Country Steak and Eggs

With Red Potato and Bell Pepper Hash



Make your Monday morning less of a drag with this hearty breakfast. We start with tender flat-iron steaks, cooked to perfection, and pair them with fluffy scrambled eggs and a savory hash of red potatoes and peppers. Top it with zesty green onions and serve alongside your favorite morning pick-me-up (may we suggest a killer cup of coffee?) and you have the perfect start to your day.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 900
 Carbohydrates: 93g
 Fat: 30g
 Protein: 66g
 Sodium: 936mg
per serving

DIETARY



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Strong Quality Coffee
 Mimosas
 Bloody Mary Cocktails

INGREDIENTS

1 Red Bell Pepper
12 oz. Red Potatoes
2 Green Onions
2 Garlic Cloves
1 Yellow Onion
2 Flat Iron Steaks
8 oz. Liquid Egg

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pan

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Prepare the Ingredients

Thoroughly rinse produce and pat dry. Stem, core and cut **red bell pepper** into a small dice. Cut **red potatoes** into a medium dice. Trim and slice **green onions** on the bias (diagonally). Mince **garlic**. Peel and dice **onion**. Rinse **steaks** and pat dry.



Sauté the Hash

In a medium pan over medium-high heat, warm 1 tsp. **olive oil**. Add **diced potatoes** and cook for 10-12 minutes, or until slightly tender. Add **onion, garlic, and red bell pepper**, and cook for 3-4 minutes, or until potatoes are browned. Season to taste with **salt and pepper**. Transfer **hash** to a plate and set aside. Wipe pan clean.



Cook the Steaks

Heat 1 tsp. **olive oil** in same pan medium pan over medium-high heat. Season **steaks** with a pinch of **salt and pepper** and add to pan. Cook on each side for 4-5 minutes, or until internal temperature reaches a minimum of 145 degrees. Remove steaks from pan and set aside. Wipe pan clean.



Cook the Eggs

In same pan add 1 tsp. **olive oil** and **green onions** (reserving a bit for garnish) and cook for 1 minute. Add the **liquid egg** and use a spatula to move egg around pan over medium-high heat until scrambled. Season with a pinch of **salt and pepper**.



Plate the Dish

Arrange a pile of **hash** on a plate. Top hash with a serving of **scrambled eggs**. Place a **steak** next to eggs. Garnish with remaining **green onion** and freshly cracked **black pepper**.