



NUTRITION *per serving* 39g carbohydrates 35g fat 32g protein 830mg sodium | low-calorie, gluten-free, soy-free, shellfish-free, nut-free



Calories
572



Prep & Cook Time
40-50 min.



Cook Within
6 days



Difficulty
Intermediate



Spice Level
Medium



HOME CHEF

BREAKFAST

Sweet Potato, Bacon, and Goat Cheese Skillet

with jalapeño, bell pepper, and grape tomatoes

IN YOUR BOX

8 fl. oz. Liquid Egg
3 oz. Grape Tomatoes
1 Red Bell Pepper
14 oz. Sweet Potato
1 Yellow Onion
1 Jalapeño Pepper
6 Bacon Strips
½ oz. Light Brown Sugar
1 oz. Goat Cheese Crumbles
½ oz. Baby Arugula

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Medium Non-Stick Pan
Small Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Separation is natural when shipping liquid eggs. **Shake well before using.**

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Spice Alert!** Removing seeds from **jalapeño** greatly reduces its spiciness. Control the spice level of this dish by using less jalapeño or omitting entirely for a mild-but-still-delicious meal. Be sure to wash hands, utensils, and cutting board after working with jalapeño.
- After cooking **bacon**, remember to reserve 1 Tbsp. of **bacon drippings** to give **potatoes** a huge flavor boost. Dispose of remaining drippings carefully, but never down sink!
- **Heads Up!** **Goat cheese** is used twice. Most goes in **skillet** and a pinch garnishes dish.

FROM THE CHEF

Make cutting sweet potato easier and safer by shaving a thin slice from bottom. This will give you a flat, stable side to rest it on while you cut it into 1" dice.

Did you know...

Goat cheese comes from the fatty acid in goat's milk. Fat content varies by breed of goat and flavor varies by what each goat eats. Most goat cheeses are aged no more than 4 months and are either creamy or crumbly.



Prepare the Ingredients

Halve **grape tomatoes**. Stem, seed, and cut **red bell pepper** into $\frac{3}{4}$ " dice. Peel and cut **sweet potato** into 1" dice. Peel and halve **onion**. Cut halves into small $\frac{3}{4}$ " dice. Slice **jalapeño** into thin rounds. *Discard seeds to lessen spice.* On a separate cutting board, cut **bacon** into 1" pieces.



Cook the Vegetables

When sweet potatoes are cooked, add **onion**, **red bell pepper**, **jalapeño pepper** (to taste), **tomatoes**, and **brown sugar** to pan. Cook until lightly browned and warm throughout, 4-5 minutes. Season with a pinch of **salt and pepper**.



Cook the Bacon

Line a plate with a paper towel. Place a medium non-stick pan over medium heat. Add **diced bacon** to hot pan and cook until bacon is crispy, 8-10 minutes. Transfer cooked bacon to towel-lined plate and pour off all but 1 Tbsp. **bacon drippings** from pan.



Cook Eggs and Finish Skillet

Heat 1 tsp. **olive oil** in a small non-stick pan over medium-low heat. Add **liquid eggs** to hot pan and cook until fluffy, 3-4 minutes. Transfer **scrambled eggs** to pan with vegetables, along with **cooked bacon** and **goat cheese** (reserve a pinch for garnish). *Break up goat cheese with your hands if needed.*



Cook the Sweet Potato

Return pan with **bacon drippings** to medium heat. When drippings are hot, add **sweet potato**. Cook, stirring occasionally, until fork tender and brown, 6-9 minutes. Season with a pinch of **salt and pepper**.



Plate the Dish

Place **skillet mixture** in middle of a plate. Garnish with **arugula** and reserved **goat cheese**.