



**NUTRITION** *per serving* 57g carbohydrates 55g fat 53g protein 1103mg sodium | CONTAINS gluten, dairy



Calories  
**868**



Prep & Cook Time  
**30-40 min.**



Cook Within  
**5 days**



Difficulty  
**Easy**



Spice Level  
**Medium**



BREAKFAST

# South of the Border Sausage and Egg Biscuits

with sweet potato and poblano hash

## IN YOUR BOX

5 fl. oz. Liquid Egg  
14 oz. Sweet Potato  
1 Poblano Pepper  
1 Red Bell Pepper  
1 Shallot  
2 Biscuits  
8 oz. Ground Pork  
2 tsp. Light Chili Powder  
.6 oz. Butter  
1 1/2 oz. American Cheese Slices  
2 tsp. Frank's Red Hot Sauce

## IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Baking Sheet  
Mixing Bowl  
Medium 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!
- Move oven rack to **top** position
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Separation is natural when shipping liquid eggs. **Shake well before using.**

## WHILE YOU COOK

- Spice Alert!** **Poblano pepper**, **chili powder**, and **hot sauce** give this breakfast a nice kick, but if you aren't feeling spicy in the morning, add to taste (start with half) or omit completely.

## FROM THE CHEF

Traditional breakfast sausage is typically seasoned with sage. In this version, we use chili powder to introduce a fun fiesta factor into your first meal of the day.

### *Did you know...*

*Poblano peppers are mild, large, dark green chiles that are perfect for roasting (or stuffing). When dried, the same peppers are called ancho chiles. The gentle heat and grassy flavor is a perfect complement to the sweet potatoes in the hash.*



1

### Prepare the Ingredients

Peel and cut **sweet potato** into  $\frac{3}{4}$ " dice. Stem, seed, and cut **poblano pepper** into  $\frac{3}{4}$ " dice. Stem, seed, and cut **red bell pepper** into  $\frac{3}{4}$ " dice. Peel and halve **shallot**. Slice shallot into thin strips.



2

### Bake Hash and Warm Biscuits

Place **sweet potato**, **red pepper**, **poblano pepper**, and **shallot** on one half of baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt and pepper**. Bake on top rack of oven, 18 minutes. Remove baking sheet from oven, add **biscuits** to other half of baking sheet, and bake until vegetables are fork-tender and biscuits are warmed through, 5-8 minutes. While hash roasts, make sausage.



3

### Make the Sausage Patties

Combine **ground pork**, **chili powder** (to taste),  $\frac{1}{4}$  tsp. **salt**, and  $\frac{1}{4}$  tsp. **pepper** in a medium mixing bowl. Form into two patties, about 4" in diameter.



4

### Cook the Sausage

Heat a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and **sausage patties** to hot pan and cook until patties reach a minimum internal temperature of 160 degrees, 4-5 minutes on each side. Transfer to a plate and wipe pan clean.



5

### Make the Eggs

Return pan to medium-high heat and add **butter**. When melted, add **liquid eggs**. Use a rubber spatula to constantly scrape along bottom of pan until eggs are set and just a little wet, 2-3 minutes. Remove from burner, season to taste with **salt and pepper**, and set pan aside. *Eggs will cook a little more in warm pan. This "carryover" cooking will finish eggs so they're perfectly cooked.*



6

### Plate the Dish

Spoon a serving of **hash** on a plate. Halve **biscuits** and top with **sausage**, **cheese**, and **egg**. Drizzle hash and eggs with **hot sauce** (to taste) if desired.