



**NUTRITION** per serving 74g carbohydrates 39g fat 40g protein 1406mg sodium | soy-free, nut-free



Calories  
708



Prep & Cook Time  
30-40 min.



Cook Within  
5 days



Difficulty  
Intermediate



Spice Level  
Not Spicy



HOME CHEF

BREAKFAST

## Diner-Style Sausage and Hash Browns

with roasted red pepper omelet

### IN YOUR BOX

- 6 fl. oz. Liquid Egg
- 1 Russet Potato
- 2 Green Onions
- 3 oz. Roasted Red Peppers
- 6 Breakfast Sausage Links
- 2 Whole Wheat Bread Slices
- 1.2 oz. Butter
- 1 1/2 oz. Shredded Cheddar Cheese
- 1 oz. Strawberry Preserves

### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- Colander
- Box Grater
- 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!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Place a colander in the sink
- 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.
- **Heads up!** **Green onions** are used twice. White parts are used to make **hash browns**, and green parts garnish dish.

## FROM THE CHEF

Rinsing and drying potatoes as much as possible is key to crispy hash browns. Rinsing removes starch which can make hash browns gummy, and drying thoroughly makes them crispy.

### Did you know...

The first diner was created in 1872 by Walter Scott. He sold food out of a horse-drawn wagon with walk-up windows.



## Prepare the Ingredients

Grate **potato** on large hole side of box grater. Place grated potatoes in colander and rinse thoroughly. Transfer potatoes to a clean kitchen towel and wring out as much liquid as possible. *Drying potatoes thoroughly are key to crispy hash browns.* Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Coarsely chop **roasted red peppers**.



## Cook the Omelet

Place 1 tsp. **olive oil** in same pan used for hash browns (no need to wipe pan clean) over medium heat. Add **liquid eggs** and **roasted red peppers**. Use a rubber spatula to constantly scrape along bottom of pan until eggs are set and a little wet, about 2-3 minutes. Remove from burner, sprinkle **shredded cheddar** on top, then fold omelet in half. Season to taste with **salt and pepper**.



## Cook Sausages and Toast Bread

Place **sausages** on one side of prepared baking sheet. Bake 10 minutes, flip, and add **bread** to other side of sheet. Bake an additional 5-6 minutes, or until sausages reach a minimum internal temperature of 160 degrees and bread is toasted.



## Plate the Dish

Serve **hash browns** on a plate. Add **sausages** along with half the **omelet**. Finish with a piece of **toast** and **strawberry preserves**. Garnish omelet with **green parts of green onion**.



## Make the Hash Browns

While sausages are cooking, place half the **butter** in a medium non-stick pan over medium heat. Once melted, add **potatoes** and **white parts of green onions**. Using a spatula, press potatoes into an even layer to completely cover pan. Cook, undisturbed, 5 minutes, or until undersides are golden brown. Top potatoes with remaining butter. Once melted, flip potatoes and cook, undisturbed, 5 minutes, or until undersides are brown and potatoes are tender. Transfer to a plate and season with ½ tsp. **salt** and ¼ tsp. **pepper**.