



NUTRITION per serving 62g carbohydrates 44g fat 31g protein 1339mg sodium | soy-free, shellfish-free, nut-free



Calories
761



Prep & Cook Time
35-45 min.



Cook Within
6 days



Difficulty
Intermediate



Spice Level
Mild



HOME CHEF

BREAKFAST

Sweet Potato Hash Browns and Spinach Omelet

with whole wheat toast and breakfast sausage

IN YOUR BOX

6 fl. oz. Liquid Egg
14 oz. Sweet Potato
1 Russet Potato
1.2 oz. Butter
1 Tbsp. Chipotle Cinnamon Seasoning
6 Breakfast Sausage Links
2 Slices Whole Wheat Bread
2 oz. Baby Spinach
½ oz. Strawberry Jam

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
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 and cooking spray
- 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.

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 allows them to get crispy.

Did you know...

Sweet potatoes are cholesterol-free and packed with vitamins A, C, and E!



Prepare the Potatoes

Grate **sweet potato** and **russet potato** on large hole side of box grater. Transfer potatoes to a clean kitchen towel and wring out as much liquid as possible. *Use a clean kitchen towel you don't mind getting dirty — potato stains will wash off.*



Begin the Hash Browns

Place **half the butter** in a medium non-stick pan over medium heat. Once melted, add **potatoes** and **seasoning blend**. Using a spatula, press potatoes into an even layer, completely covering pan. Cook undisturbed until undersides are golden brown, 5 minutes. Top potatoes with remaining butter.



Finish the Hash Browns

Once **butter** has melted, flip **potatoes**. Continue cooking undisturbed until second side is brown and potatoes are tender, 5 minutes. Transfer to a plate and season with ½ tsp. **salt** and ¼ tsp. **pepper**. Wipe pan clean and reserve for making omelet in later step



Cook Sausages and Toast Bread

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



Make the Omelet

Place 1 tsp. **olive oil** in same pan used for **hash browns** over medium heat. Add **spinach** to hot pan and cook 1 minute, while stirring, until spinach is wilted. Add **liquid egg** to pan. 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 and rest 2-3 minutes. Fold omelet in half. Season with a pinch of **salt and pepper**.



Plate the Dish

Place **half the omelet** on a plate. Add cooked **sausages**, a serving of **hash browns**, and **toast**. Serve toast with **strawberry jam**.