



## TURKEY & SPROUT HASH

Recipe author: Love Food Hate Waste

<http://england.lovefoodhatewaste.com/recipes/turkey-sprout-hash>

This dish is a delicious way to use up two festive favourites – turkey and brussel sprouts! You can also add in any left over parsnips or carrots, as well as cabbage.



SERVES:

4

PREP TIME:

10 MINS

COOKING TIME:

20 MINS

INGREDIENTS:

- 3 *tbsp oil*
- 1 *onion, sliced*
- 500g (1 lb) *leftover roast potatoes, chopped*
- 300g (11 oz) *leftover cooked sprouts, chopped*
- 250g (9 oz) *leftover roast turkey, chopped*
- 4 *medium eggs, poached*

## METHOD:

1. Heat 1 tbsp oil in a large frying pan and fry the onion for 4-5 minutes until browned. Mash the potatoes roughly in a large bowl.
2. Mix onions into the potato with the sprouts and turkey, season to taste and mix well with a spoon.
3. Heat the remaining oil and press the hash into the frying pan and fry 3-4 minutes. Turn the hash over, (don't worry if it breaks up) and fry for a further 2-3 minutes until golden.
4. Serve topped with a poached egg.

## Cook's tip

Try making 1 large hash by frying everything up in a large frying pan.

## Use up

Use up leftover roast potatoes and vegetables.

## Variations

Leftover boiled potatoes and cabbage also work.

## Extra flavour

Add chopped bacon and herbs for extra flavour.

## Freezer advice

Not suitable for home freezing.

## Vegan and vegetarian options

Omit the turkey and add extra vegetables for a vegetarian option and omit the turkey and eggs for vegans.

## Allergy advice

Contains eggs – serve with extra cheese for those allergic to eggs.

## Nutrition

Nutrient per serving per 100g

|                        |      |      |
|------------------------|------|------|
| Calories (kj)          | 1937 | 522  |
| Calories (kcal)        | 461  | 124  |
| Protein                | 31.3 | 8.4  |
| Fat                    | 21.2 | 5.7  |
| Of which saturated fat | 3.7  | 1.0  |
| Carbohydrate           | 39   | 10.5 |
| Of which sugar         | 5.8  | 1.6  |
| Fibre                  | 7.0  | 1.9  |
| Sodium                 | 0.1  | 0.0  |

