



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 |

