



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 45 mins

Serves: 6

INGREDIENTS

- 500g sweet potatoes
- 300g white potatoes
- 2 large onions, thinly sliced
- ¼ cup coconut oil
- 1 tbsp smoked paprika
- 1 small red chilli, deseeded and finely sliced
- 1 tsp pink salt
- ¼ tsp black pepper
- ¼ cup fresh thyme leaves, roughly chopped

METHOD

- Peel potatoes and cut into 1-2cm cubes, and boil or steam until tender.
- Drain and leave in colander.
- Pour coconut oil into deep frying pan (or saucepan) and heat on medium high.
- Add onions and cook 5 minutes.
- Add thyme leaves, chilli, paprika, salt and pepper and stir.
- Add potatoes and cook for 30 minutes, chopping and squashing while turning.
- While frying press mixture into a “hash” with egg lifter.
- Serve with fish, eggs or a great breakfast or snack on its own.

SWEET POTATO **HASH**

