

YIELD: 6 SERVINGS

PORTION SIZE: 1 CUP HASH (5 OZ) • 1 EGG • 2 TBSP CHIMICHURRI

CHIMICHURRI INGREDIENTS

2 OZ	CARROTS, GREENS, TOPS, FRESH
1-1/2 TBSP	RED WINE VINEGAR
1 EA	GARLIC CLOVES, PEELLED, FRESH
1/8 TSP	RED PEPPER FLAKES, CRUSHED
3 OZ	EXTRA VIRGIN OLIVE OIL
1/2 OZ	JUICE, LEMON, FRESH
1 OZ	WATER
1 EA	JALAPEÑO PEPPER, FRESH, DICED
1/4 TSP	SALT, KOSHER

INGREDIENTS

8 TBSP	CARROT GREENS CHIMICHURRI
6 OZ	PARSNIPS, FRESH, 1"X1" DICED
1 LB	SWEET POTATOES, FRESH, PEELED, DICED
6 OZ	RED BELL PEPPERS, FRESH, DICED
4 OZ	DICED ONIONS, FRESH
1 TBSP	ROSEMARY, FRESH, CHOPPED
1/4 TSP	KOSHER SALT
1-1/2 TSP	OIL, OLIVE CANOLA BLEND
1/4 TSP	CRUSHED RED PEPPER FLAKES
4 EA	EGGS, FRESH
4 EA	COOKING SPRAY, PAN COATING

SWEET POTATO & PARSNIP HASH WITH CARROT TOP CHIMICHURRI AND A SUNNY EGG

A STOP FOOD WASTE RECIPE THAT UTILIZES 100% OF PRODUCE

METHOD

PREPARE CHIMICHURRI

1. WASH AND DRY ALL INGREDIENTS WELL. PLACE ALL OF THE INGREDIENTS INTO A BLENDER EXCEPT THE OIL. PURÉE THE INGREDIENTS WHILE STREAMING IN THE OIL, A SMALL AMOUNT AT A TIME. USE A MEDIUM SIZED JALAPEÑO FOR MILD HEAT. ADD MORE AS DESIRED.

PREP THE VEGETABLES

1. WASH ALL PRODUCE. DICE THE PARSNIPS AND SWEET POTATOES. DO NOT PEEL. SET ASIDE.
2. HEAT A LARGE THICK BOTTOMED SAUTÉ PAN OVER HIGH HEAT. STREAM IN THE OIL AND ALLOW TO GET VERY HOT, BUT DO NOT ALLOW IT TO SMOKE. ADD THE POTATOES AND PARSNIPS AND SEAR ON ALL SIDES. ADD THE PEPPERS AND THE ONIONS AND TOSS TO COAT IN OIL. COOK FOR 2-3 MINUTES. ADD THE ROSEMARY, SALT AND CRUSHED PEPPER. REDUCE HEAT AND COVER. COOK FOR 1-2 MINUTES, OR UNTIL THE PARSNIPS ARE FORK TENDER.
3. SPRAY THE INSIDE OF A NON-STICK SAUTÉ PAN WITH OIL. CRACK THE EGGS INTO THE PAN. COOK UNTIL THE TOPS OF THE WHITES ARE SET BUT THE YOLKS ARE SOMEWHAT RUNNY.
4. DIVIDE 1 CUP OF HASH ONTO EACH SERVING PLATE. TOP EACH PLATE WITH 1 SUNNY SIDE UP EGG. DRIZZLE WITH 2 TBSP OF CHIMICHURRI. GARNISH WITH CARROT TOP SPRIGS.



STOP FOOD WASTE
Day 

ENERGY K(CAL)	PROTEIN (G)	CARB (G)	TOTAL FAT (G)	SATURATES (G)	CHOLESTEROL (MG)	SODIUM (G)
354.1	8.2	27.3	24.2	4.2	163.7+	291.2