



## BREAKFAST HASH



### Serves 3

1 tbsp coconut oil

2 garlic cloves, crushed

2 medium sweet potato,  
peeled and diced into small cubes

1 tbsp fresh rosemary, chopped

1 onion, diced

400g sausages, skins removed

250g spinach

Sea salt, to taste

1. In a large frying pan, heat the oil over a medium heat and sauté the garlic for 1 minute.
2. Add in the sweet potato and rosemary and stir. After 4-5 minutes, add in the onion. Cook for about 5 minutes, stirring occasionally.
3. Mix in the sausage, breaking it into small pieces as you stir. Cook until the sausage is no longer pink.
4. Add the spinach, and cook for 2-3 minutes, or until wilted.
5. Ensure the sweet potato is cooked but not mushy before removing the pan from the heat. Season to taste and serve hot.