

Mushroom Breakfast Hash

Yield: 4 servings

Ingredients:

2 ea large potatoes, diced
2 T oil
8 oz mushrooms, rough chopped
3 ea garlic clove, minced
1 ½ c red cabbage or brussels sprouts, sliced
1 ea yellow, red, or orange bell pepper
1 ea carrot, diced
1 ea green onion, sliced
½ tsp red chili flake
Salt and pepper to taste

Optional Garnish:

Vegan feta
Micro greens
Carrot top pesto

Instructions:

1. You can cook potato from raw or microwave for 8 minutes cool and cut. I dice my potatoes and carrots and then boil them for 5-8 minutes to soften before frying.
2. Add the oil to a pan over medium/high heat. Once melted add the potatoes and carrots then cook until slightly brown on each side.
3. Then add the mushrooms, bell pepper, onion and the garlic. Cook until water has leached then evaporated, and the mushrooms start to turn golden - around 4 - 5 minutes.
4. Stir in the brussel sprouts until it wilted in the heat from the pan.
5. Season with salt, pepper and the chilli flakes.
6. Add optional garnishes and enjoy.



DELICIOUSNESS WITH A CONSCIENCE