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Sweet Potato Hash with Soft-Boiled Egg

Ingredients

Canola oil, 1 tbsp
Shallot (chopped), 1 clove
Garlic (minced), 2 cloves
Sweet potato (peeled and shredded), 1 medium
Fresh thyme, 2 tsp
Baby kale, 2 cups
Eggs (large), 2
Prepared pesto, 1 tbsp
Extra-virgin olive oil, 1 tbsp
Cider vinegar, 1 tbsp

Directions

1. Heat oil in a skillet over medium heat. Add shallot and garlic; heat 1 minute. Place sweet potato, thyme, and a couple pinches salt in pan and cook, stirring regularly until potato shreds are tender, about 5 minutes. Stir in baby kale and remove skillet from heat.
2. In a saucepan, add water to a depth of 3 inches; bring to a boil. Gently lower eggs into water; boil exactly 6-1/2 minutes, adjusting heat to maintain a gentle boil. Use a slotted spoon to transfer eggs to a bowl of ice water and chill 2 minutes. Softly tap eggs against counter to break shell in several spots, and gently peel starting from wider end. Cut eggs in half lengthwise.
3. Whisk together pesto, olive oil, and cider vinegar. To serve, place sweet potato mixture on plates and top with soft-boiled egg halves and pesto dressing.

Nutrition Facts

Serving Size: 1/2 recipe
Recipe Yields: 2 servings

Calories 313

Total Fat 23 g

Total Carbs 19 g (3g fiber)

Protein 10 g