

Poached Egg Hash



Some days I wake up and really crave something different for breakfast and that's where this poached egg hash recipe came from! I was craving breakfasty eggs and bacon but also really wanting sweet potato carb yumminess! Poached egg hash is a great meal to start the day with because it has your proteins, fats and carbs all rolled in to one dish. It's not a quick

dish as it takes about 20 minutes for the spuds to cook, but oh boy is it worth it!

So here's how to make your delicious treat breakfast of poached egg hash with bacon and coriander! Cube your spuds and fry with the bacon in coconut oil for 20 mins. Meanwhile poach your egg, scatter with coriander when your done and BOOM! you've got yourself a treat! Poached Egg Hash for every meal please!!!

Love Roo xx

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