



VEGGIE BREAKFAST HASH



PANTRY CLIPS MEAL KIT

Step-by-step instructions and all the ingredients you need to make this delish dish!

Serves 4



This hearty vegan breakfast hash has just a few healthy ingredients and is ready in under 25 minutes! Crispy potatoes and sautéed mushrooms and peppers!

THIS KIT INCLUDES (INGREDIENTS):

Olive oil, potatoes, bell pepper, zucchini, mushrooms, ½ tsp garlic powder,
½ tsp cumin, ½ tsp paprika



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instructions
for this recipe



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INGREDIENTS

- | | |
|-------------------------|---------------------------|
| 3 medium potatoes | 3 tbsp olive oil |
| 1 onion, diced | 1/2 tsp. garlic powder |
| 1 bell pepper, diced | 1/2 tsp cumin |
| 1 zucchini, diced | 1/2 tsp smoked paprika |
| 8 oz. mushrooms, sliced | Salt and pepper, to taste |



METHOD

1. Begin by par-cooking your potatoes. If you have a microwave, use a knife to poke the potatoes three times. Microwave them for up to 4 minutes or until you can just easily poke it with a knife. If not, rinse and scrub your potatoes. Add potatoes to a pot with lightly salted water and place on stove. Bring the water to a boil and cook for approximately 15 minutes or until almost fork tender. In both cases, allow potatoes to cool for cutting.
2. Meanwhile, dice all of your other vegetables.
3. Once the potatoes are fork tender, dice them to your desired size.
4. In a frying pan, add your oil and then the potatoes. Saute them until they begin to take colour.
5. Add your onions, mushrooms, zucchini, and peppers to the pan. Stir until the ingredients are well incorporated.
6. Add your spices and stir.
7. Saute until the potatoes are golden and the vegetables have reached your desired texture.
8. Season to taste. Store in an airtight container for 3-4 days.