




Product Spotlight: Goat Cheese


Goat cheese is creamy and has a unique flavour that adds a lifting contrast to the root vegetable hash.



Goat Cheese Eggs with Root Veggie Hash

Diced parsnip, potato and carrot tossed in a pan until golden, finished with baked eggs and creamy goat cheese, served with a crunched kale and almond salad.

 35 minutes

 4 servings

 Vegetarian

Spice it up!

This dish is delicious with chilli flakes or fresh chilli to garnish. You can also add lemon zest for a bright addition!

Per serve: **PROTEIN** 27g **TOTAL FAT** 26g **CARBOHYDRATES** 47g

FROM YOUR BOX

PARSNIPS	3
CARROTS	3
MEDIUM POTATOES	2
BROWN ONION	1
KALE	6 leaves
GOAT CHEESE	1 tub
ALMONDS	2 x 40g
FREE-RANGE EGGS	6-pack
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

large frypan with lid

NOTES

Add more oil to the pan as you cook the vegetables if needed. You can use dried thyme or rosemary instead of oregano if preferred!

You can transform this dish into a frittata if preferred! Scramble the eggs and pour over the vegetables in step 4. Dot with goat cheese, cover and cook for 6–8 minutes until set.



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1. COOK THE HASH

Heat a large frypan over medium-high heat with **oil**. Dice parsnips, carrots and potatoes into 1-2 cm cubes. Add to pan as you go. Dice and add onion along with **2 tsp oregano** (see notes). Cook, stirring occasionally, for 15 minutes or until tender.



2. MASSAGE THE KALE

Trim kale leaves and rinse well. Slice leaves, add to a bowl and crumble in 1/2 goat cheese (reserve remaining for step 4). Use your hands to massage the kale until leaves are softened. Chop and add almonds. Mix to combine.



3. CRACK IN THE EGGS

Reduce heat to medium. Season vegetables with **salt and pepper**.

Make 6 indents into the veggies (see notes). Crack in eggs. Cover and cook for 8–10 minutes or until eggs are cooked to your liking.



4. FINISH AND SERVE

Garnish eggs with dollops of remaining goat cheese. Chop parsley and scatter on top. Serve with a side of kale.

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