

Country Sausage and Potato Hash



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Ingredients

Serves 4

8 Sausages
4 medium potatoes, peeled or scraped and cut into 3cm cubes
1 large onion, peeled and finely diced
1 red pepper, peeled and cut into cubes
4 spring onions, washed and trimmed and cut into 1cm rings
1/2 tsp paprika
2 tomatoes, skinned and roughly chopped
50g butter
1 tbsp rape seed oil
2 tbsp chopped parsley
Sea salt and black pepper
Lincolnshire poacher cheese
1 egg, poached

Method

Grill the sausages on a medium setting; this should take 10 - 15 minutes.

Place the potatoes into a saucepan and cover with cold water and salt. Bring to the boil and simmer until just tender. Drain and set aside.

Heat a frying pan until hot, add the oil, the butter, and when melted, add the onion and fry until soft, about 3 minutes then add the potatoes and fry for a further 5 minutes or until the potatoes are starting to go brown. Add the red pepper and paprika and cook for a further 8 minutes on a low heat, occasionally turning the mixture over in a pan with a fish slice, taking care not to break up the potato chunks. Add the tomatoes, spring onions and the parsley, season well with the sea salt and black pepper. And cook for a further minute.

Top the hash with the cheese and place under a preheated grill at maximum temperature for 3-4 minutes or until golden brown.

Serve on a warm plate and top with the sausages. This dish can also be served with a soft poached egg.

Shopping list

Browse our local suppliers to make your shopping list.