



HEARTY BURFORD BREAKFAST HASH

Simple, one pan recipes are what's needed when you're feeding a hungry horde. Any good quality sausage will do but using something highly flavoured like merguez or chorizo marries beautifully with the rich flavours of Burford Brown eggs and peppery watercress.

Prep Time 15 minutes | Cook Time 30 minutes | Serves 4

3 medium sized, floury potatoes
(like King Edwards,) peeled
Olive oil
Onion, peeled and chopped
Fresh red chilli, deseeded and chopped
Sea salt
4 sausages
300g Brussels sprouts, thinly sliced
and placed into a bowl of cold water
Freshly ground black pepper
4 Burford Brown eggs
Handful of watercress
Small bunch of parsley, leaves picked
and chopped
Parmesan
4 tablespoons Greek yoghurt
1 lemon, cut into wedges

Chop the potatoes into 2cm pieces. Place a large frying pan on a medium heat and add 2 tablespoons of olive oil. Fry the potatoes, stirring regularly, until they start to soften and turn slightly golden. Add the onion, chilli and a small pinch of salt, then continue to fry for 5 minutes.

Meanwhile squeeze the sausages out of their skins and add them to the pan, breaking up into pieces. Fry for a further 5-10 minutes or until turning golden. Scoop the sliced sprouts from the water and add to the frying pan. Mix everything together, season with salt and pepper and continue to fry until the sprouts are just cooked.

Make little divots in the hash and crack the eggs into them. Place a lid on the pan, turn the heat down to low – if the hash is catching – and steam for 5-10 minutes or until the eggs are cooked. Alternatively, you can fry the eggs separately and place them on top of the hash. Finish with watercress, chopped parsley and a light grating of Parmesan. Serve with Greek yoghurt, lemon wedges, salad, crusty bread or in comforting soft rolls.



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