

**TOTAL TIME**

30 minutes

PREP TIME

20 minutes

COOK TIME

10 minutes

SERVES

4

COOKING LEVEL

Easy

**RECIPE | PEPPERS**

ORGANIC BELL PEPPER BREAKFAST HASH

INGREDIENTS

2 Pure Flavor® Organic Sweet Bell Peppers	1½ tsp olive oil
2 sweet potatoes, peeled and diced	1/8 tsp Kosher salt
1 large organic egg	1 pinch cumin
1 cup organic guacamole	
1 tbsp cilantro, chopped	
2 tsp water	

DIRECTIONS

1. Place potatoes and 2 teaspoons water in a microwave-safe dish. Microwave at high until tender, about 4 minutes. Place potatoes on a paper towel-lined plate. Let stand 5 minutes.
2. Heat 1 teaspoon oil in a cast-iron skillet over medium-high. Add sweet potatoes, bell pepper, salt, and cumin; cook until potatoes are crisp, 6 to 8 minutes. Transfer to plate.
3. Reduce heat to medium. Add remaining 1/2 teaspoon oil to pan. Crack egg into pan; cook until whites are set, 2 to 3 minutes. Place egg on cooked mixture. Top with guacamole and cilantro.

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