

Zucchini Hash

This dish was inspired from the delicious zucchinis that I grow in my vegetable garden. This hash has a subtle sweetness to it and is a delicious accompaniment to fried eggs served over easy.

Ingredients

*3-4 red potatoes, diced (about 4 cups)
½ red onion, finely chopped (about ½ cup)
½ small fennel bulb, finely chopped (about ½ cup)
1 medium parsnip, diced (about 1 cup)
2 medium zucchinis, diced (about 2 cups)
2 tablespoons Italian parsley, chopped
1 tablespoon fresh grated parmesan cheese
3-4 tablespoons extra virgin olive oil + additional for eggs
Sea Salt and fresh ground pepper to taste
8 large eggs optional
Orange slices optional*

Preparation

Heat 2 tablespoons oil in a large scan pan or non-stick pan on medium heat and add potatoes. Lightly sprinkle fresh ground sea salt and cook potatoes turning often until nicely brown on the outside and almost tender inside about 10-12 minutes. Add additional tablespoon olive oil if needed. Add red onions and fennel and cook for 3 minutes. Add parsnips and zucchini and cook until vegetables and potatoes are tender about 7-10 minutes. Continue to flip hash often while cooking. Generously add fresh ground pepper and sea salt to taste. Remove from heat and mix in parsley and Parmesan cheese.

In a separate medium scan pan or non-stick pan heat 1 tablespoon oil on medium heat. Crack two eggs and cook until whites are cooked but yolks are still bright. Flip the eggs and cook 1 minute longer. Repeat with remaining eggs.

In separate plates spoon hash evenly on four plates. Top with two eggs on each serving of hash. Sprinkle eggs with salt and pepper. Serve with orange slices on the side.

Makes 4 servings