

Chilli bacon & eggs with sweet potato hash

Search:

- [Recipes](#)

Chilli bacon & eggs with sweet potato hash

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Chilli bacon & eggs with sweet potato hash



Rate this recipe

0 people are cooking this [Count me in](#)

Create an Instagram-worthy breakfast bowl and start your day with the flavour-packed breakfast hash.

Cooking bacon pieces with a little water helps make it super crispy. I love the way the sriracha splatters like graffiti over the sunny eggs in this bowl. Sweet potato makes a nice alternative to regular potato, plus it has more fibre, vitamins A and C, and is lower in carbohydrates and kilojoules (calories).

Ingredients

- 200 g thickly sliced smoky bacon or kaiserfleisch, cut into 1 cm pieces
- ½ red onion, cut into thin wedges
- 2 orange sweet potatoes, peeled and cut into 1.5 cm pieces
- 2–3 tbsp olive oil
- 4 free-range eggs
- 1 avocado, stone removed, sliced

To serve

- Labneh

Chilli bacon & eggs with sweet potato hash

- Fresh coriander (cilantro) leaves
- Finely sliced red or green chilli
- Sriracha or other hot sauce

Method

Combine the bacon with 80 millilitres ($\frac{1}{3}$ cup) water in a large heavy-based frying pan over medium-high heat. Cook, stirring occasionally until the water evaporates and the fat renders from the bacon. Cook for a few more minutes until the bacon is very crisp. Remove with a slotted spoon and drain on paper towel.

Reduce the heat to medium and add the onion to the pan, cook for 1 to 2 minutes or until slightly softened, then remove from the pan with a slotted spoon and drain. Add the sweet potato to the pan along with a little olive oil if the pan is becoming dry. Cook for 15 to 20 minutes, stirring occasionally, but not too often, as you want a crust to form on the sweet potato. When the sweet potato is tender and well browned, return the bacon and onion to the pan to heat through.

When the sweet potato is almost done, heat another frying pan over medium heat with a splash of olive oil. Carefully break the eggs into the pan and cook for 2 to 2½ minutes until the whites are crispy around the edges, but the yolks are still runny (or until cooked to your liking). Serve the sweet potato hash into bowls and top with the avocado and fried eggs. Add a dollop of labneh, a scattering of coriander and chilli and, if you like, a squeeze of sriracha.

OPTION: To make vegetarian, leave out the bacon.

Recipes: Caroline Griffiths

Photography: Chris Middleton

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```