



# WELL

Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

# CONNECTED

## Corned beef hash and eggs

*Serves: 2*

*Prep Time: 15mins    Cooking time: 30 mins*

*This store cupboard recipe uses tinned ingredients, it can be made using left over potatoes. Quick and easy to prepare for a weekend lunch.*

### INGREDIENTS

- 1 small tin potatoes, drained and sliced
- 1 tablespoon oil
- 200g corned beef
- 1 onion, peeled, finely chopped
- 2 teaspoons Dijon mustard
- 2 eggs
- Chopped parsley /optional

### Optional

Add 1 tablespoon of Worcester sauce to the onions for a tasty dish

### GET COOKING

Preheat oven 200c/ gas mk 6

- 1 Add 2 teaspoons of oil to a frying pan, add the onions and cook over a low heat, stir in the mustard
2. Add 2 teaspoons of oil and the potatoes, fry for 6 minutes, breaking up the potatoes so that they go crispy.
3. Add the corned beef and cook for a further 5 minutes until crispy.
4. Place the mixture into an ovenproof dish, make space for the eggs, pour in the eggs. Bake in the oven for 10minutes until the eggs are set.
5. Sprinkle with chopped parsley and serve with bread.



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