Potato hash with tomatoes, pepper and kale

Cuisine: **English**
Food category: **Vegetarian dishes**

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Company: **Retigo**

Program steps

Preheating: 215 °C

1	Hot air	100	%	Termination by time	00:15	hh:mm	200	°C	100	%	
2	Remove the tray from the oven and follow the recipe.										
	Hot air	100	%	Termination by time	00:10	hh:mm	200	°C	100	%	

Ingredients - number of portions - 4

Name	Value	Unit
large potatoes	2	pcs
dried chili flakes	5	g
olive oil	10	ml
yellow peppers	1	pcs
red onion	2	pcs
cherry tomatoes	200	g
cabbage leaf, cleaned and cut in strips	50	g
chicken eggs	4	pcs
salt	5	g
ground black pepper, ground	1	g

Directions

Preheat the Retigo combi oven to 200°C on hot air mode.
Toss the unpeeled large potatoes cut into medium size chunks with the chilli flakes, oil and a generous amount of salt and pepper on baking tray. Roast for 15 minutes.
Remove the tray from the oven and toss the pepper, red onion cut into wedges and tomatoes with the potatoes. Return to the oven for 10 minutes.
Put the kale in a bowl with a large pinch of salt. Massage the kale between your fingertips until it becomes soft and damp.
Toss the kale with the potato mixture and create four wells in the mixture. Crack an egg into each well and return the tray to the oven for 2 minutes, or until the egg whites are just set but the yolks are still runny.

Nutrition and allergens

Allergens: 3
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	22.6 kJ
Carbohydrate	3.1 g
Fat	0.4 g
Protein	1.1 g
Water	0 g

Recommended accessories

Enameled GN container