

Ingredients for 1 Breakfast hash:

1 tablespoon olive oil

125g raw butternut squash, chunks

6oz medium courgette, chunks

149g (red) bell pepper, diced

1 smoked chicken sausage, chopped

2 whole eggs

1 small avocado (~146g)

Sea salt & pepper to taste

Garnish

Coriander, Spring onion

STEPS

Set a pan on medium heat and add oil and butternut squash. Cook the squash for about 8 minutes or until the outside of the squash is brown and the chunks can easily be pierced with a fork.

Add courgette and cook for an additional 2 to 3 minutes. Then toss in bell pepper and chopped chicken sausage. Cook everything together for about 5 minutes.

Make two holes in the pan and crack 2 eggs into the holes. Cook until the clear part of the egg turns white, about 2 to 3 minutes.

Enjoy the meal with fresh avocado to boost the fat content and make the meal creamy so it's easier to eat.

Season to taste with sea salt & pepper and garnish with Coriander & Spring onion.

