

Foodnity Recipes

Breakfast Hash With Cajun Sauce

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

The Hash

- [ ] 1 pound (450 g) small potatoes, diced 1/2 inch
- [ ] 1 cup diced onion
- [ ] 1 cup diced red bell pepper
- [ ] 4 slices turkey ham, chopped
- [ ] 1 tablespoon olive oil
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon onion powder
- [ ] 1 teaspoon smoked paprika
- [ ] 1 teaspoon dried thyme
- [ ] 1 teaspoon cayenne pepper
- [ ] 1 teaspoon salt
- [ ] 1/2 teaspoon black pepper
- [ ] 4 large eggs

The Cajun Sauce

- [ ] 1 tablespoon unsalted butter
- [ ] 1/4 cup heavy cream
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 cup shredded sharp cheddar cheese (optional)

Garnish

- [ ] 2 tablespoons chopped fresh parsley
- [ ] 2 tablespoons chopped scallions (green part)

Instructions

1. First things first, get a medium bowl and toss those diced potatoes with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Now, here is the secret: pat them dry with a paper towel. Honestly, it makes such a difference for getting them truly crisp.

2. Warm up your skillet over medium heat and add the chopped turkey ham. Let them cook for about 4–5 minutes until they're nice and crisp. Move the turkey ham to a paper-towel-lined plate, but oh, leave those wonderful drippings right in the pan.

3. Stir in the olive oil with the drippings and layer your potatoes in a single layer. Give them 8–10 minutes, stirring every now and then, until they look golden brown and feel almost tender. Just beautiful.

4. Push the potatoes to the side to make some room. Add the onions and bell pepper, then sprinkle in the garlic powder, onion powder, smoked paprika, thyme, cayenne, and the rest of the salt and black pepper. Sauté for 5–6 minutes until the veggies are soft and smelling wonderful.

5. Bring the cooked turkey ham back into the skillet and stir it all together. Let the hash simmer uncovered for just 2 more minutes to let the flavors get acquainted.

6. In a small saucepan over low heat, melt your butter. Whisk in the heavy cream, a pinch of cayenne pepper, and a dash of smoked paprika. Let it simmer for 2 minutes, then stir in 1/2 cup shaved Parmesan and half of the cheddar. You want it smooth and tangy.

7. Pour that warm Cajun sauce evenly over your hash, stirring gently. Cook for just 1 minute more—you want that sauce to really cling to the potatoes and veggies.

8. Now, create four shallow wells in the hash. Carefully crack an egg into each one. Cover the skillet with a lid and keep the heat low for 8–10 minutes. I like the yolks a bit runny, but you can leave them until they're just how you like them.

9. Slide the whole thing onto a serving plate. Garnish it with fresh parsley, scallions, and a little sprinkle of that remaining cheddar. Wow, it looks lovely.

10. Serve it up immediately with some crusty bread or maybe a light salad on the side.

Nutrition per serving

540 kcal	22 g	28 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the potatoes dry is the only way to avoid a soggy hash.
- The sauce can be reduced longer if you prefer a thicker, more intense flavor.
- Using a cast-iron skillet helps distribute the heat evenly for those crispy edges.