



Potato and veggie hash

Serves four

Vegan

Ingredients

4 medium potatoes – diced

1 large carrot – grated

1 medium onion – diced

1/2 tin chick peas

2 crushed cloves of garlic

1/2 red pepper – diced

1/2 green pepper – diced

2 tbsp peas

1 tbsp dried mixed herbs

1 tsp salt

1 tsp pepper

1 tsp paprika

1 tbsp vegetable oil

Method

1. Heat a large heavy based pan with the oil and add the potatoes and onion.
2. Stir well and add 2 tablespoons of water, cover and allow to cook until the potatoes begin to soften.
3. Add the other ingredients and simmer uncovered until everything starts to brown and the water is gone.
4. Serve up with some freshly chopped herbs and a fried egg if desired.