

# Baked Eggs & Sweet Potato Hash

with Brussels Sprouts & Smoked Gouda

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at [blueapron.com](https://blueapron.com) for ingredients (denoted with an ) and instructions tailored to you.\*

## Ingredients

Customized ingredients

ADDED:



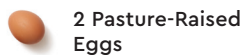
2 Steaks 



2 Scallions



1 Tbsp Smoky Spice Blend<sup>1</sup>



2 Pasture-Raised Eggs



½ lb Brussels Sprouts



2 oz Smoked Gouda Cheese



1 lb Sweet Potatoes



1 Bell Pepper



1 Tbsp Hot Sauce



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)



4 - 11

PersonalPoints<sup>™</sup>  
range per serving

Now your Points value is personalized to YOU! It could be between 4-11 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints<sup>™</sup> program, visit [www.ww.com](https://www.ww.com). The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder  
\*Ingredients may be replaced and quantities may vary.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Prepare & parboil the sweet potatoes

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the **sweet potatoes**.
- Once boiling, add the **diced sweet potatoes** to the pot. Cook 3 to 5 minutes, or until slightly tender when pierced with a fork. Turn off the heat.
- Drain thoroughly.



## 2 Prepare the remaining ingredients

- Meanwhile, cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Grate the **cheese** on the large side of a box grater.



### ↪ ADDITIONAL STEP If you chose Steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a large pan (cast iron or oven-safe, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.\*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and loosely cover with foil to keep warm. Let rest at least 5 minutes.

## 3 Make the hash

- In a large pan (cast iron or oven-safe, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **halved brussels sprouts** and **parboiled sweet potatoes** in an even layer (carefully, as the oil may splatter). Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **diced pepper**, **sliced white bottoms of the scallions**, and the **spice blend**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.



### ↪ CUSTOMIZED STEP 3 If you chose Steaks

- Make the hash as directed, using the pan of reserved fond.

## 4 Bake the eggs & serve your dish

- If your pan isn't oven-safe, carefully transfer the **hash** to a baking dish.
- Using a spoon, create 2 wells in the center of the hash. Crack an **egg** into each well; season with salt and pepper.
- Evenly top the hash with the **grated cheese**.
- Bake in the oven 4 to 6 minutes, or until the egg whites are set and the yolks are cooked to your desired degree of doneness.
- Remove from the oven. Let stand at least 2 minutes before serving.
- Serve the **baked eggs and hash** garnished with the **sliced green tops of the scallions** and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!



### ↪ CUSTOMIZED STEP 4 If you chose Steaks

- Bake the eggs as directed in Step 4.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks with the baked eggs and hash**. Garnish the hash with the **sliced green tops of the scallions** and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!

\*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](http://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](http://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron



010322, 2PV3/2PRE26