Chicken and Sweet Potato Hash: Savoury Breakfast Skillet

Caramelised root vegetables and shredded chicken topped with a runny poached egg



PREP	COOK	TOTAL	SERVES	CALORIES
15 min	20 min	35 min	4 servings	385 kcal

Ingredients

- 50 ml olive oil
- 400 g sweet potatoes, peeled and diced
- salt, to taste
- freshly ground black pepper, to taste
- 1 tsp paprika, smoked if available
- 1 tsp garlic powder
- 2 tsp dried thyme
- 1 red onion, medium, finely chopped
- 2 garlic cloves, minced
- 300 g cooked chicken, shredded (roti-style or boiled)
- 2 tbsp balsamic vinegar, optional, for glaze
- 2 eggs, large
- 4 tbsp chives, freshly chopped

Instructions

1. Sear the potatoes: Heat the olive oil in a large frying pan over medium-high heat until it shimmers. Add the diced sweet potatoes in an even layer. Leave them undisturbed for 3 minutes to develop a golden crust, which provides a savoury contrast to the soft interior.
2. Season and brown: Turn the potatoes with a spatula. Sprinkle in half of the salt, pepper, paprika, garlic powder, and thyme. Cook for 5 minutes while stirring occasionally to ensure the spices toast without burning.

3. Sauté the aromatics: Add the chopped onion and minced garlic to the pan. Stir everything together and sauté for 3 minutes. You want the onion to become translucent so its raw sharpness disappears.
4. Combine with chicken: Stir in the shredded chicken and the remaining seasonings. Cook for 4 minutes to allow the flavours to meld and the chicken to heat through. Drizzle in the balsamic vinegar now if you want a glazed finish.
5. Prepare the water: Bring 2 litres of water to a full boil in a small saucepan, then reduce it to a gentle simmer. A soft simmer prevents the egg whites from breaking apart as they cook.
6. Poach the eggs: Slide an egg from a small bowl into the simmering water. Poach for 3 minutes until the white is set but the yolk remains runny. Repeat this process for the remaining three eggs.
7. Plate and garnish: Re-heat the hash over low heat and arrange the poached eggs on top. Sprinkle with chopped chives. Serve immediately while the yolks are still liquid.

Notes

Sweet potatoesUse yams or white potatoes if sweet potatoes are unavailable. Yams provide a similar texture but less sweetness. White potatoes lack the natural sugar needed to caramelise properly, which results in a more neutral, savoury profile. Do not use root vegetables with a higher water content, as they will steam rather than brown.

What to serve with itPair this hash with mixed greens or a squeeze of lime for brightness. You may also scatter sliced avocado over the dish for a creamy contrast. For added crunch and visual appeal, sprinkle toasted pumpkin seeds or sliced almonds over the poached eggs before serving the meal immediately.

Storing and reheatingStore leftover hash in a sealed container in the fridge for up to 4 days. Do not leave it at room temperature for more than 2 hours. For longer storage, wrap the hash in foil and use an airtight freezer bag for up to 3 months.