

Smashed Potato-Chorizo Hash

Food Network Magazine - September 2020

Servings: 4

*1/4 cup apple cider vinegar
1 teaspoon sugar
1/2 small red onion, thinly sliced
1 1/2 pounds baby red potatoes
Kosher salt
8 ounces shishito peppers, stemmed and halved crosswise
8 ounces thin asparagus, trimmed and cut into 1-1/2-inch pieces
1/4 cup extra-virgin olive oil
freshly ground pepper
1/2 teaspoon smoked paprika
2 to 3 links (9 ounces total) fresh chorizo, casings removed
4 large eggs
1/2 cup fresh parsley, chopped*

Position the oven racks in the upper third and middle of the oven. Preheat the broiler.

In a small bowl, whisk the vinegar and sugar until dissolved. Stir in the red onion and set aside.

Put the potatoes into a medium saucepan. Cover with cold water by one inch. Bring to a boil and cook until the potatoes are tender, 12 to 15 minutes.

Meanwhile, on a baking sheet, toss the asparagus with one tablespoon of olive oil and a big pinch of salt and pepper.

Drain the potatoes. Toss with two tablespoons of olive oil and the paprika. Season with salt and pepper. Spread out on a second baking sheet. Smash the potatoes using the bottom of a glass.

Broil the potatoes on the upper oven rack and the shishitos and asparagus on the middle rack until the potatoes are browned and the shishitos and asparagus are tender, 10 minutes.

Meanwhile, cook the chorizo in the remaining one tablespoon of olive oil in a nonstick skillet over medium-high heat until browned, 5 minutes. Remove to a plate.

Add four eggs to the skillet. Cook until the whites are set, 3 to 4 minutes. Season with salt and pepper. Divide the potatoes, shishitos and asparagus among the plates. Top with the chorizo, red onion (drained) and fried eggs.

Sprinkle with the parsley and paprika.

Per Serving (excluding unknown items): 210 Calories; 19g Fat (78.8% calories from fat); 7g Protein; 5g Carbohydrate; 1g Dietary Fiber; 212mg Cholesterol; 75mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.