

CORNER BEEF HASH

Time: 40 minutes

Serves: 4

Ingredients:

8 ounces corned beef brisket – thickly sliced then cut into 1” squares
1 yam – peeled and diced to ¼”
1 onion – chopped
2 cloves garlic – thinly sliced
8 ounces green beans – trimmed
¼ teaspoon kosher salt
¼ teaspoon fresh ground black pepper

Preparation:

Preheat a large frying pan on medium heat. Add the corned beef, yam, onion and garlic, stirring often for fifteen minutes.

Add the beans and continue to cook, stirring often for an additional ten minutes.

Season with the salt and pepper then serve immediately.

Nutritional Information Per Serving:

Calories: 190
Fat: 4g
Carbs: 28g
Fibre: 5g
Protein: 12g