

# Pinch Nom

## Low Syn Sausage Hash | Slimming World

We had some leftover low fat Cumberland Sausage in the fridge and we fancied something a bit different so I came up with this Low Syn Sausage Hash.

Syns/people

1

Servings

2 PEOPLE

Prep Time

10 MINUTES

Cook Time30

MINUTES

### Ingredients

- 1 large Potato diced
- 1 Bell Pepper diced
- 1 Red Onion diced
- 1 Courgette slice
- 4 Low Fat Sausages cooked and sliced We use Protein Food Shop Chipolatas for 0.5 syns each
- 2 Eggs
- Frylight
- Schwartz Season All

### Instructions

1. Wash the potato and cut them into a rough dice, there's no need to peel them. Then put them in a bowl suitable for the microwave and cook them on full power for a few minutes. The potato should still be slightly firm  
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2. Pre heat the oven to 200°C  
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3. Spray a large frying pan with Frylight, heat until it starts to sizzle and add the diced onion, peppers and potato. Sprinkle with a little Season All, then cook until they just start to colour  
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4. Add the courgettes and sausage continue to cook until the veg is browned  
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5. Divide the mixture equally between 2 oven proof dishes and make a shallow well in each one  
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6. Crack an egg into each well and cook in the oven for about 12 minutes, until the egg is set (12 minutes will give you a runny egg, so if you prefer a harder yolk leave it in for couple of extra minutes)