



In partnership with



Hearty Sweet Potato Hash

Elevate your breakfast hash with this flavorful sweet potato variation! This timeless dish reaches new heights with the help of Burlap & Barrel's single origin spices, resulting in a vibrant and umami-packed morning meal.

Made in partnership with Burlap & Barrel, a spice importer of single-origin spices from farmers around the world. Burlap & Barrel selectively works with smallholder farms and cooperatives to provide high-quality, ethically sourced spices to every home chef.

35

MINUTES

4

SERVINGS

10

INGREDIENTS

DDDDDD

SPICE LEVEL



Hearty Sweet Potato Hash

INGREDIENTS

- 3 large sweet potatoes, peeled and cut into 1-inch cubes
- 6 tbsp olive oil
- ½ yellow onion, chopped
- 2 tsp Purple Stripe Garlic
- 1 Smoked Star Anise pod
- 2 tsp Wild Mountain Cumin
- Kosher salt
- Ground black peppercorn, to taste
- 2 green onions, chopped (for garnish)
- 2 eggs, over-easy (if desired)

DIRECTIONS

1. Bring a large pot of salted water to a boil. Add potatoes and star anise and simmer just until tender. Drain and dry completely with paper towels.
2. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add onions and garlic, and cook until lightly golden, for 5–6 minutes. Place in a bowl and season with salt and pepper.
3. Add the remaining 4 tablespoons of oil to the skillet, turning heat to medium, and then add the sweet potatoes and star anise. Cook in a single layer, stirring occasionally, for about 6 minutes.
4. Without stirring, increase the heat to high and cook, until the potatoes are golden and crisp, for at least 2 more minutes.
5. Sprinkle with cumin and gently stir in the onion mixture. Serve with eggs on top and scallions as desired. Enjoy!



Follow us → For more recipes and videos → @umamicart

umami
cart