



## Low-Carb Beef & Bacon Hash

with Zucchini, Tomatoes & Cheddar



20-30min



2 Servings

Plot twist: bacon and eggs aren't just for breakfast. This one skillet dinner features zucchini and smoky heat thanks to warming harissa spice blend. This hash is the dish that your weeknight dinner rotation needs.



## What we send

- 14 oz zucchini
- 1 medium red onion
- 4 oz thick-cut bacon
- ¼ oz harissa spice blend
- 10 oz grass-fed ground beef
- 2 oz shredded cheddar-jack blend <sup>2</sup>
- ½ lb plum tomatoes
- ¼ oz fresh chives

## What you need

- olive oil
- kosher salt & ground pepper
- 2 large eggs <sup>1</sup>
- red wine vinegar (or apple cider vinegar)

## Tools

- medium ovenproof skillet

## Allergens

Egg (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1040kcal, Fat 75g, Carbs 25g, Protein 64g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Halve **zucchini** lengthwise (or quarter if large), then cut crosswise into 1-inch pieces. Cut **onion** and **bacon** into 1-inch pieces, keeping them separate.



### 2. Cook zucchini & onions

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **zucchini** and **onions**; season with **salt**. Cook, stirring occasionally, until veggies are golden brown and slightly softened, 7-10 minutes. Add **all of the harissa spice blend** and cook until fragrant, about 30 seconds. Season to taste with **salt** and **pepper**. Transfer veggies to a plate.



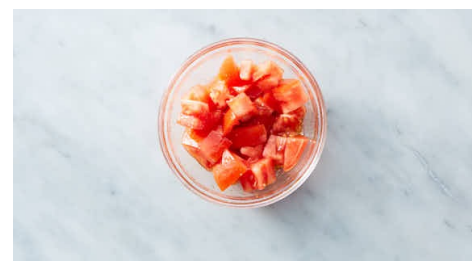
### 3. Cook bacon & beef

Add **bacon** to same skillet. Cook over medium-high, turning occasionally, until golden brown and crisp, 3-4 minutes. Use a slotted spoon to transfer to plate with **veggies**. Add **beef** to skillet, and season with **salt** and **pepper**. Cook, breaking up meat with a spoon, until beef is well browned and cooked through, 3-4 minutes. Carefully pour off **any excess fat** from skillet.



### 4. Add eggs

Return **veggies and bacon** to skillet with **beef**; season to taste with **salt** and **pepper**. Sprinkle **cheddar** over top. Use a spoon to make two wells in the hash. Crack **2 large eggs**, one at a time, directly into wells; season eggs with **salt** and **pepper**. Bake on upper oven rack until egg whites are set and yolks are runny, about 8 minutes (watch closely as ovens vary).



### 5. Make tomato salad

While **hash** bakes, cut **tomatoes** into ½-inch pieces. In a small bowl, whisk to combine **2 teaspoons oil**, **1 teaspoon vinegar**, and **a pinch each of salt and pepper**. Add tomatoes and stir to coat in dressing.



### 6. Finish & serve

Finely chop **chives**. Serve **hash** with **chives** sprinkled over top, and with **tomato salad** alongside. Enjoy!