

DINNERLY



Low-Carb Cowboy Skillet Chicken Hash with Red Pepper Relish



30-40min



2 Servings

If we could rewind the clock, we'd definitely be in the cowboy business. Thing is, we're not that great at horseback riding. Don't know how to lasso. Don't really love mosquitos. But we are good at cooking, and a cowboy hash cooked in a cast-iron over an open flame under the stars sounds just as good (open flame and stars not required). We've got you covered!

WHAT WE SEND

- 1 red onion
- 1 zucchini
- 4 oz roasted red peppers
- ¼ oz BBQ spice blend
- 10 oz pkg ground chicken
- 2 oz shredded cheddar-jack blend ²

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- 2 large eggs ¹
- apple cider vinegar (or white wine 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 610kcal, Fat 38g, Carbs 23g, Protein 48g



1. Prep veggies

Preheat oven to 450°F with a rack in the upper third.

Halve **onion**, then chop into 1-inch pieces. Trim ends from **zucchini** and cut into 1-inch pieces.

Finely chop **roasted red peppers**.



2. Cook onion & zucchini

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **onion, zucchini, and a pinch of salt**; cook, stirring occasionally, until golden-brown and crisp-tender, about 7 minutes. Stir in **BBQ spice blend**; cook until fragrant, 30 seconds more. Transfer to a plate.



3. CHICKEN VARIATION

To same skillet, add **ground chicken, a pinch of salt, and 1 tablespoon oil**; cook over medium-high heat, breaking up into smaller pieces, until well browned, 3–5 minutes.



4. Bake eggs

Return **veggies** to skillet with **chicken** and season to taste with **salt and pepper**. Sprinkle **cheddar** over top.

Make 2 wells in the hash and crack **1 large egg** into each well; season with **salt and pepper**. Bake on upper oven rack until egg whites are set and yolks are jammy, 4–6 minutes.



5. Finish & serve

While **eggs** bake, in a medium bowl, stir to combine **roasted red peppers, 2 teaspoons oil, and 1 teaspoon vinegar**; season to taste with **salt and pepper**.

Serve **cowboy skillet hash** topped with **red pepper relish**. Enjoy!



6. Did you know?

As we made the switch to becoming a paperless company at our US and Australian sites, 2.6 million sheets of paper waste was avoided in 2020. As we implement this in all our sites, it will allow us to save more than 6 million sheets of paper per year globally.