

SERVINGS: 4

PREP TIME: 5 MINUTES

**TOTAL TIME: 30 MINUTES** 

## **NOTES:**













INGREDIENTS

500G POTATO, PEELED AND
CHOPPED INTO SLIGHTLY LARGE
BITESIZE PIECES
2 TBSP VEGETABLE OIL
1 ONION, ROUGHLY CHOPPED
340G CAN CORNED BEEF, CUT INTO
CUBES
2 TBSP WORCESTERSHIRE OR BBQ
SAUCE

TO SERVE:

1 TIN BAKED BEANS

FRESH PARSELY, CHOPPED

(OPTIONAL)

OPTIONAL SIDES; VEGETABLES, GARLIC OR CRUSTY BREAD, GREEN SALAD

RECIPE ON REVERSE SIDE.

CHECK OUT THE AROMA INSTAGRAM
AND FACEBOOK PAGE FOR
TUTORIALS AND COOK-ALONG
SESSIONS.

ULVERSTON VICTORIA HIGH SCHOOL | WWW.UVHS.UK | 01229 483900

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## **METHOD**

PUT THE POTATOES IN A PAN, COVER WITH COLD WATER AND BRING TO THE BOIL. COOK FOR ABOUT 6-7 MINS, THEN DRAIN.

HEAT THE OIL IN A NON-STICK FRYING PAN AND COOK THE ONION FOR 3-4 MINS OVER A MEDIUM HEAT.

ADD THE POTATOES AND CORNED BEEF, AND PUSH DOWN WITH A SPATULA TO CRISP UP. COOKING FOR ABOUT 5 MINS.

TURN THE MIXTURE OVER, TRYING NOT TO BREAK UP THE MEAT AND POTATOES TOO MUCH, THEN ADD THE WORCESTERSHIRE OR BBQ SAUCE.

COOK FOR ANOTHER 5 MINS, PUSHING DOWN TO CRISP THE BASE AGAIN.

IF USING, WARM THE BAKED BEANS IN A PAN OR MICROWAVE.

SEASON THE HASH WITH SALT AND PEPPER, THEN SERVE WITH BAKED BEANS AND A SPRINKLING OF PARSLEY IF USING.