Sweet Potato, Chorizo and Cabbage Hash

2 substantial bowls · Active 25 min · Total 45 min

Skills: Confident beginner

Ingredients

- 14 oz sweet potato, peeled and cut into 1/2-inch (1 cm) dice (400 g prepared weight)
- 1/3 cup water (80 ml), plus 2 tablespoons (30 ml) for cabbage
- 2 teaspoons olive oil (10 ml)
- 3 oz fully cooked ready-to-eat chorizo, cut into small half-moons (85 g)
- 1 small onion, thinly sliced (100 g)
- 3 cups finely shredded green cabbage, hard core removed (200 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 2 teaspoons cider vinegar (10 ml)
- 1 tablespoon chopped parsley (4 g)

Set out

10-inch (25 cm) deep skillet with lid, Wide spatula, Knife and board

Allergens

Check chorizo label for milk and other allergens. Check labels and substitutions.

Make it

1. Put sweet potato and 80 ml water in the skillet. Bring to a simmer, cover and cook over medium-low heat for 8–12 minutes until a cube is just tender, checking the pan does not dry prematurely. Add a tablespoon of water if needed.

2. Uncover and evaporate any remaining water. Add oil, chorizo and onion. Cook over medium heat for 6–8 minutes, turning occasionally, until onion softens and some sweet potato faces brown.

3. Add half the cabbage and turn through for 1 minute, then add the rest with salt, pepper and the remaining 30 ml water. Cover and cook for 4–5 minutes until the cabbage is tender with a little bite.

4. Uncover and cook for 2–3 minutes until excess moisture has gone. Fold through the vinegar and parsley gently, divide between two bowls and serve immediately. Follow any additional package reheating instructions for your cooked chorizo.

A compact pan needs a secure fit

A ten-inch skillet is a size guide, not permission to exceed your appliance’s limits. Use a securely fitting pan and keep its handle away from a narrow walkway.

A useful detail

The small covered steaming stage is for the sweet potato. Avoid stirring it constantly once browned edges begin to form, or the cubes will mash into the cabbage.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days or the opened chorizo’s shorter limit. Reheat to 165°F/74°C, adding a spoonful of water and covering before uncovering to refresh the edges. Never store the cooked hash in a warm vehicle.