FOSSE 107
Just Great Music!

# Corned Beef Hash



## Hash in flash!

**Beat the winter blues – and make the most of the money in your pocket and the everyday ingredients in your cupboard – with this cost-effective yet tasty and satisfying midweek winner.**

1. Parboil the potatoes in a pan of lightly salted water for around 7 minutes before draining the water – they should be slightly softened but still hold their shape.
2. In a large, heavy-based pan, fry off the onions in a glug of oil until beginning to soften. Add the garlic and allow to cook for about 30 seconds.
3. Now add the potatoes, corned beef and chopped salad leaves, and apply a little pressure with a spatula or fish slice. Occasionally turn the mixture but try not to disturb it too much.
4. Add the Worcestershire sauce and push down on the mixture again. By this point, it should all be nicely browned.
5. Serve with baked beans or some cooked-from-frozen vegetables, if liked.

### Serves 4

**Costs** 95p per person

**Preparation time** 10 minutes

**Cooking time** 35 minutes

## Ingredients:

- 300g potatoes, diced
- Olive oil
- 1 onion, peeled and chopped
- 2 cloves garlic, minced
- 1 x 340g tin of corned beef, chopped
- 80g bag of watercress, spinach and rocket, chopped
- 2 tbsp Worcestershire sauce

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