

Corned Beef Hash

Prep time: 10 mins Cooking time: 20 mins Makes: 1 Serving

Ingredients

1 medium-sized potato, peeled and cut into ½-inch cubes

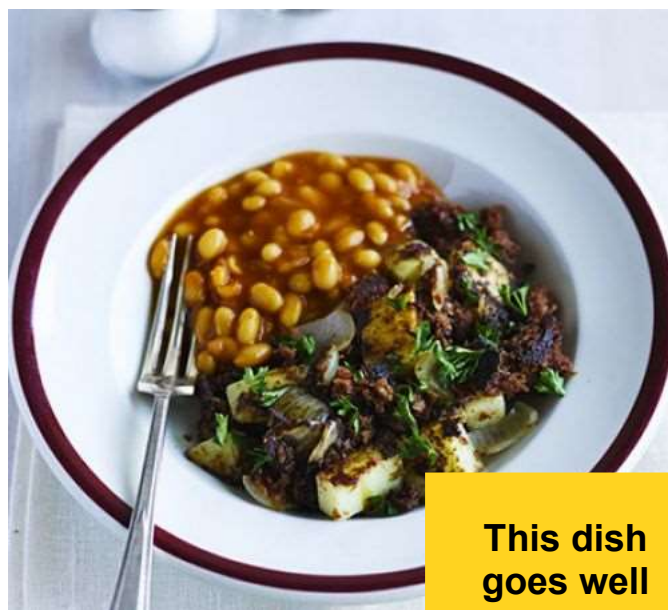
1 tablespoon vegetable oil

¼ onion, chopped

1/3 of a 340g tin of corned beef, cut into ½-inch cubes

1 teaspoon Worcestershire sauce

Salt and pepper



This dish goes well with a side of baked beans

Method

1. Put the diced potatoes in a pan, cover with cold water, and bring to a boil. Cook until tender, about 5-6 mins, then drain. Don't let them overcook or you'll have mash!
2. Heat the oil in a non-stick frying pan and cook the onion for 3-4 mins over a medium heat.
3. Add the potatoes and corned beef to the pan and mix together. Press mixture down with a spatula and cook for about 5 minutes over a medium heat.
4. Turn the mixture over with the spatula, trying not to break up the meat and potatoes too much, and press down again. Sprinkle with the Worcestershire sauce and cook for another 5 minutes.
5. Slide onto a plate and season with a little salt and pepper.