

CopyCat The Cheesecake Factory Crab Hash

Ingredients

2 $\frac{1}{2}$ tbsp coconut oil, divided
2 lbs sweet potato (approximately two)
3 bell peppers, cored and thinly sliced
1 onion, thinly sliced
12 oz canned crab meat
 $\frac{1}{2}$ tsp paprika
 $\frac{1}{4}$ tsp cayenne pepper
4 eggs
1 tsp apple cider vinegar
 $\frac{1}{2}$ tsp salt, divided
Hollandaise sauce
Parsley (optional)

Directions

Instructions

To roast the sweet potatoes, heat oven to 400° F. Pierce each sweet potato several times with the tines of a fork. Place the sweet potatoes on a rimmed baking sheet and bake until tender, about 45 minutes. Allow to cool, then tear away the skin and mash the insides roughly with a fork. Set aside.

Heat 1 tablespoon of coconut oil in a medium skillet over medium heat. Cook the bell peppers until soft, about 20 minutes (stirring frequently). Set aside.

Heat 1 tablespoon of coconut oil in a medium skillet over medium heat. Cook the onions until soft and translucent, about 15 minutes (stirring frequently). Set aside.

Heat $\frac{1}{2}$ tablespoon of coconut oil in a medium medium skillet over medium heat. Cook the crab meat until any water has

cooked off, then stir in the paprika, cayenne and $\frac{1}{4}$ teaspoon salt.

To poach the eggs, heat a few inches of water with the apple cider water in a small pot until boiling. Swirl the boiling water with a large spoon, until the water is moving in a circular motion, then crack an egg into it. Let the egg poach in the water for 3-4 minutes, then use a slotted spoon to transfer to a plate lined with a paper towel to drain. Repeat with the three remaining eggs for a total of four.

To assemble the hash, layer the cooked onions and bell peppers over the mashed sweet potato, adding the remaining $\frac{1}{4}$ teaspoon salt to the mixture if desired. Top with the eggs, crab, hollandaise sauce and parsley (optional).