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## Steak and Eggs Hash ♦

Steak and Eggs Hash is a hearty and delicious breakfast dish. It consists of tender steak, crispy potatoes, and eggs cooked to perfection. This dish is a popular choice for brunch or a satisfying dinner. The steak is seasoned with spices and seared to create a flavorful crust. The potatoes are diced and pan-fried until crispy. The eggs are cooked sunny-side-up and placed on top of the steak and potatoes. This dish is a great way to start your day with a protein-packed meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	steak
<b>300 g</b>	potatoes
<b>4 pieces</b>	Eggs

1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder
2 tbsp	olive oil

## Directions

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### Step 1

Grilling

Season the steak with salt, black pepper, and garlic powder.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Grilling

Cook the steak on a hot grill for 4-5 minutes per side, or until desired doneness.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 3

Cutting

Remove the steak from the grill and let it rest for 5 minutes. Slice the steak into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Frying

Heat olive oil in a large skillet over medium heat. Add diced potatoes and cook until crispy and golden brown.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 5

Frying

In the same skillet, push the potatoes to one side and crack the eggs into the other side. Cook until the whites are set but the yolks are still runny.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Plating

Serve the steak and potatoes on a plate, topped with the fried eggs.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 500 kcal

**Fat:** 25 g

**Protein:** 40 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	15 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	25 g	89.29%	100%
Cholesterol	300 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	30 mg	2307.69%	2307.69%
Vitamin B12	100 mcg	4166.67%	4166.67%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	25 mg	312.5%	138.89%
Potassium	1000 mg	29.41%	38.46%
Zinc	35 mg	318.18%	437.5%
Selenium	70 mcg	127.27%	127.27%

## Recipe Attributes

### Seasonality

Spring

### Meal Type

Breakfast

Lunch

Brunch

### Kitchen Tools

Slow Cooker

### Course

Salads

Snacks

### Cultural

Chinese New Year

### Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Ornish Diet

Nordic Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

## Difficulty Level

Easy

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