

Hash Corn-Bîff Un Sosban

Paratoi:
10 mun.

Coginio:
35 mun.

Digon i 4



Dull

1. Crafwch y tatws a'u torri'n giwbiau
2. Berwch y tatws am tua 7 munud. (Does dim angen gyda thatws tun) Draeniwch nhw a'u gadael i sychu.
3. Torrwch y corn-bîff yn giwbiau.
4. Cynheswch yr olew mewn padell a'i ffrio'n ysgafn am tua 5 munud, neu tan ei fod yn feddal.
5. Ychwanegwch y garlleg, gyda'r paprica a'r saws Swydd Gaerwrangon.
6. Ychwanegwch y tatws a digon o halen a phupur
7. Cymysgwch a'i ffrio am tua 5 munud, fel bod y tatws yn dechrau crisbio.
8. Rhowch y corn-bîff ar yr wyneb, a'i wasgu i lawr gyda sbatwla. Coginiwch ar wres isel-canolig am 6-8 munud. Peidiwch â'i gymysgu!
9. Trowch e drosodd gyda sbatwla mewn 4-6 darn, a'i wasgu'n fflat gyda'r sbatwla. Coginiwch am 6-8 munud arall ar yr ochr yna.
10. Gweinwch yr hash yn boeth, gyda phersli arno.

Cynhwysion

- 300 gram tatws
- 1 tablespoon olew
- 1 winwnsyn mawr deisiog
- 2 ewin garlleg wedi'u malu
- 1 llwy de paprica
- 1 lwy fwrdd saws Swydd Gaerwrangon
- 1x tun 340g o gorn-bîff - ei dorri'n giwbiau bach
- Persli'n garnais
- Halen a phupur

Cyngor Da!

Ychwanegwch wŷ wedi'i ffrio ar bob darn am hash gwell fyth!

One-Pot Corned Beef Hash

Prep Time:
5 - 10 mins

Cook Time:
5 - 10 mins

Serves 4



Method

1. Peel and cut the potatoes into cubes
2. Boil the potatoes for about 7 minutes. (If using canned potatoes, you will not need to parboil) Drain and allow to air dry.
3. Cut the corned beef into cubes.
4. Heat the oil in a pan and gently fry for about 5 minutes, or until soft.
5. Add the garlic, with the paprika and the Worcestershire sauce.
6. Add the potatoes and a generous amount of salt & pepper to the dish.
7. Mix and fry for about 5 minutes, you want the potatoes to start crisping up.
8. Place the corned beef on top. Push down flat with a spatula. Cook on low - medium heat for 6-8 minutes. Do not stir!
9. Using a spatula flip over in 4-6 sections, flatten back down with a spatula. Cook for another 6-8 minutes on that side.
10. Serve hot sprinkled with parsley.

Ingredients

- 300 grams potatoes
- 1 tablespoon oil
- 1 Large onion diced
- 2 cloves garlic crushed
- 1 teaspoon paprika
- 1 tablespoon Worcestershire sauce
- 1x 340g tin of corned beef chopped into small cubes
- Sprinkle of parsley to garnish
- Salt & pepper

Top Tip!

Add a fried egg on each serving for extra deliciousness!