

**GF Friendly**

## Corned Beef Hash

### corned beef with onions, fried potatoes and baked beans

A time-honoured favourite, this hash uses tinned corned beef, not to be confused with corned silverside. By shopping around you should be able to locate the cheaper varieties of both corned beef and baked beans. The ones we found were half the price of more well-known brands, and there was absolutely nothing wrong with them.

500g peeled potatoes  
1 tsp salt (optional)  
water for boiling  
½ onion, skinned and coarsely chopped  
45ml olive oil (or alternative cooking oil)  
½ can (200g) baked beans  
½ can (170g) corned beef, cut in 1cm cubes  
salt and pepper (optional)



Chop the potatoes into 2 cm (3/4 inch) cubes. Place in a pan, cover with water, add the salt if using; then boil until just softening. Fry the chopped onion in a little of the oil until golden, then remove and set aside. Put the remaining oil in the pan and fry the potatoes, turning frequently until golden brown. Mix in the fried onion; then remove a quarter of this mixture and reserve until later. Add the baked beans and corned beef, season well if desired and combine carefully to avoid breaking up the cubes of beef.

Transfer to a suitable casserole or baking dish, top with the reserved potatoes and onion; then bake on 190°C fan-forced (205°C conventional) for 20 minutes.

Serves 2

**Tip:** the half-can of corned beef can be bagged and frozen for later use; and the remainder of the baked beans put in a sealed container also freeze well.

If you like the idea of this type of dish, maybe have a look at a similar one: Recipe R74 which uses minced beef and rice. Although there are more ingredients and it is quite spicy, these can be adapted depending on choice and whatever's in your pantry.

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