

# Sausage and Summer Veggie Hash with Fried Eggs

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-chicken-sausage-recipe>

## Ingredients:

- 3 tablespoons olive oil divided
- 1 pound baby red potatoes cut into bite size pieces
- 3 chicken sausage links, about 8 ounces, or your favorite sausage
- 1 cup asparagus cut into two inch pieces
- 1 red pepper seeded, cored and sliced into one inch pieces
- 1 medium zucchini cut into half and sliced
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 tablespoons chopped parsley fresh, plus extra for garnish
- salt
- pepper
- 4 large eggs
- 2 tablespoons butter

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 285 milligrams
4. Fat: 41 grams
5. Fiber: 5 grams
6. Protein: 27 grams
7. SaturatedFat: 12 grams
8. Sodium: 1190 milligrams
9. Sugar: 5 grams

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