



INGREDIENTS

(SERVES 4)

4 skinned and diced pheasant breasts
150g sliced chorizo
1 leek cut into rings
300g chopped cooked potatoes
4 eggs
2 handfuls finely chopped kale
2 peeled and crushed garlic cloves
Fresh thyme leaves
2 tbsp olive oil
Knob of butter
A handful of chopped parsley leaves
Worcestershire sauce
Sea salt and black pepper

PHEASANT CHORIZO AND KALE HASH

Heat the olive oil in a large frying pan and add the chorizo. Fry for 1 minute, then add the leek and fry for further 2 minutes. When leek is soft and chorizo released its oils, add the potatoes, kale, garlic and thyme. Season well and fry until the potatoes are golden brown and the kale is soft.

Meanwhile, melt the butter and fry the pheasant breasts over a moderate heat until cooked but still slightly pink. Add the meat to the other pan and stir in the chopped parsley and a good shake of Worcestershire sauce. Season to taste if required.

Serve hot with a fried or poached egg on top.