

Low-Carb Rainbow Chard & Sausage Hash

Hands-on 20 minutes Overall 25 minutes

Nutritional values (per serving): Total carbs: 12.8 g, Fiber: 4.5 g, **Net carbs: 8.3 g,**

Protein: 29.4 g, Fat: 46 g, Calories: 576 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

- 200 g Swiss chard *or* dark-leaf kale (7.1 oz)
- 2 cups [cauli-rice](#) (240 g/ 8.5 oz)
- 150 g gluten-free sausage meat (5.3 oz)
- 3 tbsp [ghee](#) *or* lard, you can [make your own ghee](#) (45 g/ 1.6 oz)
- 2 cloves garlic
- 1 tbsp fresh lemon juice
- 1 tsp [Dijon mustard](#) (you can [make your own](#))
- sea salt and black pepper, to taste
- Top with 4 poached eggs (2 per serving)

Note: Recipe makes 2 regular servings or up to 4 small servings.

Instructions

1. Start by preparing the vegetables. You can find details on how to "[rice](#)" the cauliflower [here](#). When done, set aside.
2. Then cut the stalks of the chard off and chop into small pieces.
3. Place the sausage meat in a large pan greased with a tablespoon of the ghee and cook until browned from all sides. When cooked, use a slotted spoon to transfer into a bowl.
4. Add the remaining ghee to the pan. Peel and finely chop the garlic and place into the pan. Cook for just about a minute or until fragrant. Then, add the cauli-rice and cook over a medium heat for 5 minutes. Stir to prevent burning.
5. Then add the chard stalks, Dijon mustard, ...
6. ... lemon juice, and cook for another 2 minutes while stirring. Season with salt and pepper to taste and mix until well combined.
7. Meanwhile, roughly chop the chard leaves and add to the pan. Cook for another 2 minutes.
8. When done, add the cooked sausage, mix and take off the heat. Top with poached or fried eggs. *How to poach eggs? There are several ways you can do that and here is a simple one: Fill a medium sauce pan with water and a dash of vinegar and bring to a

boil over a high heat. Crack each egg **individually** into a ramekin or a cup. Using a spoon, create a gentle whirlpool in the water to help the egg white wrap around the egg yolk. Slowly lower the egg into the water in the centre of the whirlpool and cook for about 3 minutes. Then, use a slotted spoon to remove from the water and place on a plate. Repeat for all the remaining eggs.* Enjoy!

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