

Easy Salmon Hash with Potatoes and Veggies - Ready in 30 Minutes

? Why I Love This Recipe



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10 min

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INGREDIENTS

2 cups cooked salmon, flaked
2 cups potatoes, diced
1 small onion, finely chopped
1 bell pepper, diced
1 tbsp olive oil
1 tbsp butter
¼ tsp salt
¼ tsp black pepper
¼ tsp garlic powder
¼ tsp paprika
1 tbsp fresh parsley, chopped (optional)

? Directions:

? Time & Yield:

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4

? Tips & Variations:

No leftover salmon? Use canned salmon or quickly pan-sear a fresh filet.

Add a fried or poached egg on top for extra richness.

Go green: Toss in baby spinach or kale in the last 2 minutes of cooking.

Spice it up: Add cayenne, chili flakes, or hot sauce to taste.

Swap potatoes: Try sweet potatoes, Yukon golds, or even cauliflower for a low-carb option.

? What to Serve With:

Blueberry Lemonade - bright, refreshing, and balances the savory flavors

Easy Turkey Wings - for a hearty protein-packed dinner spread

Instant Pot Lasagna - great for meal-prep swaps

Peanut Butter Brownies - the rich dessert that rewards your healthy dinner

No-Bake Peanut Butter Oatmeal Bars - a great snack or side for grab-and-go mornings

? Storage & Reheating:

Fridge: Store in an airtight container for up to 3 days.

Freezer: Freeze in individual portions for up to 2 months.

Reheat: Use a skillet over medium heat for the best crisp, or microwave in 30-second bursts.

? More Recipes You'll Love:

Easy Turkey Wings

DIRECTIONS

1. **SautØ the Potatoes:**In a large skillet, heat olive oil and butter over medium heat. Add diced potatoes and cook for 10 minutes, stirring occasionally, until tender and golden brown.
2. **Add Veggies:**Stir in the chopped onions and bell peppers. SautØ for another 3 minutes, or until softened and fragrant.
3. **Add the Salmon & Spices:**Add the flaked salmon, salt, black pepper, garlic powder, and paprika. Stir gently to combine without breaking up the salmon too much.
4. **Crisp It Up:**Spread the hash into an even layer and press it down gently with a spatula. Let it cook undisturbed for 3-4 minutes to form a golden crust.
5. **Flip & Finish:**Flip in sections and cook another 3-4 minutes until the other side is browned and crispy.
6. **Garnish & Serve:**Sprinkle with chopped parsley and serve hot!
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15. Swap potatoes: Try sweet potatoes, Yukon golds, or even cauliflower for a low-carb option.
16. ? What to Serve With: This hash is a full meal on its own, but here are some favorite pairings to round it out:
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18. Easy : Turkey Wings - for a hearty protein-packed dinner spread
19. Instant : Pot Lasagna - great for meal-prep swaps
20. Peanut : Butter Brownies - the rich dessert that rewards your healthy dinner
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25. ? More Recipes You'll Love: Easy Turkey Wings

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