

Crispy Sweet Potato Hash Browns - A Savory, Satisfying Breakfast Twist

Crispy Sweet Potato Hash Browns - A Flavor-Packed Start to the Day



OVEN
350°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 1 large sweet potato, peeled (about 3 1/2 cups when grated)
- 2 tablespoons grated onion
- 2 eggs
- 1 tablespoon plain flour
- ... teaspoon kosher salt (adjust to taste)
- 2 tablespoons vegetable oil (plus more as needed)

DIRECTIONS

1. Step 1: Prep the Potatoes: Preheat oven to 350°F (175°C).
2. Coarsely grate the sweet potato.
3. Soak in a bowl of cold water and swirl to remove starch.
4. Drain and squeeze out moisture using a clean towel or paper towels-don't skip this step!
5. Step 2: Mix Ingredients: In a medium bowl, combine grated sweet potato, grated onion, eggs, flour, and salt.
6. Mix until evenly blended and moist, but not soggy.
7. Step 3: Pan-Fry to Crisp: Heat vegetable oil in a skillet over medium heat.
8. Scoop heaping tablespoons of the mixture and place them in the pan.
9. Flatten gently with a spatula.
10. Cook for 3-4 minutes per side, or until golden brown and crispy.
11. Step 4: Finish in the Oven: Transfer browned hash browns to a parchment-lined baking sheet.
12. Bake for 10-12 minutes to ensure the centers are fully cooked.
13. Step 5: Serve and Enjoy: Serve hot, garnished with herbs, sour cream, or a fried egg on top.

SWAPS & NOTES

& Swaps Sweet Potato : Choose a firm, medium-to-large one for easier grating and best texture.

Flour : Optional for binding; sub with almond flour for a grain-free option.

Onion : Yellow or white onion both work-grated for better distribution and flavor.

Spice it up : Add paprika, garlic powder, or cayenne for extra zing.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-sweet-potato-hash-browns-a-savory-satisfying-breakfast-twist/>