



Sausage Breakfast Muffin

CAL: 516 PROTEIN: 41 CARBS: 28 FIBRE: 3 FAT: 27



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SERVES:
4



TIME:
25 minutes

INGREDIENTS

500g beef mince
1/2 tbsp Worcestershire sauce
1 tsp onion powder
1/2 tsp dried sage
1/2 tsp dried thyme
Salt & cracked pepper
1 tbsp olive oil, divided
80g cheese, sliced
4 eggs
4 English muffins, cut in half and toast-
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INSTRUCTIONS

Start by mixing beef, Worcestershire sauce, herbs salt & pepper together in a large bowl. Shape the mixture into four patty shapes.

Bring a non-stick skillet to medium heat with 1/2 tbsp olive oil. Cook patties for 3 minutes each side, or until cooked to your liking. With one minute remaining, place the sliced cheese on top of the patties and cover with a lid to melt the cheese.

Meanwhile in a separate pan, add the remaining olive oil and fry eggs for approximately 3 minutes. You can flip your egg and cook for an additional 1-2 minutes, or simply remove from the pan if you prefer sunny side up.

Take your toasted muffins and top with sausage, egg and a little tomato sauce or chutney, if you desire.

MACROS

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