



SAUSAGE BREAKFAST MUFFIN

SERVES: 4

TOTAL 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 toasted

MACROS PER PORTION

CALORIES	516	PROTEIN	41
CARBS	28	FATS	27
FIBRE	3		

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.