

BREAKFAST SAUSAGE

Time: 15 minutes

Serves: 4

Ingredients:

450g lean ground pork
4g kosher salt
1g fresh ground black pepper
1g ground sage
0.5g ground thyme
0.3g ground nutmeg
0.3g ground allspice

Preparation:

Place a frying pan on medium heat.

Place all ingredients in a bowl and combine using your hands just until evenly mixed.

Form into four parties.

Fry for four minutes per side. Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 297
Fat: 24g
Carbs: 0g
Fibre: 0g
Protein: 19g