

EGGS & SAUSAGE

Time: 40 minutes

Serves: 4

Ingredients:

30ml grape seed or other neutral-flavoured oil
200g smoked sausage - diced
1 medium yellow onion - diced
100g sweet corn kernels - fresh or previously frozen
8 eggs - lightly beaten
4g kosher salt
1g fresh ground black pepper
100g sharp cheddar cheese - shredded
4 Green onions - sliced

Preparation:

Preheat oven at 350F.

Place a deep, 10" diameter, oven-safe frying pan on medium-high heat.

Add the oil. When the oil is hot, add the sausage, corn and onion. Cook stirring occasionally for seven minutes.

Add the eggs, salt and pepper, stirring gently until the egg begins to pull away from the sides of the pan.

Stir in the cheese, then place the pan in the oven for fifteen minutes or until the eggs appear fully set.

Remove from oven and serve garnished with green onion.

Nutritional Information Per Serving:

Calories: 461
Fat: 35g
Carbs: 10g
Fibre: 2g
Protein: 27g