

Italian Baked Eggs & Pork Sausage



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Ingredients

4 eggs
4 Italian Pork Sausages (Skins removed and roughly chopped)
½ onion finely chopped
1 clove garlic finely chopped
½ tsp dried chilli flakes
½ tsp fennel seeds
1 cup of passata
400g (1 can) diced tomatoes
1 tbsp butter
Olive oil
Salt & Pepper

Method

1. Preheat oven to 180 degrees.
2. In a saucepan on medium heat add the olive oil and butter, once melted add garlic and onion, and cook until the mixture starts to

caramelise. Add the pork sausages and cook for 5 mins or until they start to brown. Add chili flakes and fennel seeds and cook for a further 1-2 mins or until fragrant.

- 3. Add diced tomatoes and passata and mix well. Simmer sauce for a further 10 mins on low heat.
- 4. Equally, divide the pork sauce between four mini casserole dishes (or if you wish you can transfer it to a large baking dish. You can even use a saucepan that is oven proof and follow the next final steps)
- 5. Top each one with an egg (or if using a large baking dish, evenly spread out each egg). Place in oven for 8-10 mins or until egg whites have set and yolk is still runny.
- 6. Serve topped with fresh parsley and crusty bread.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
230g	1710kJ 409kcal	20.2g	33.1g	13.4g	7.1g	3.6g	986mg	3g

All nutrition values are per serve.