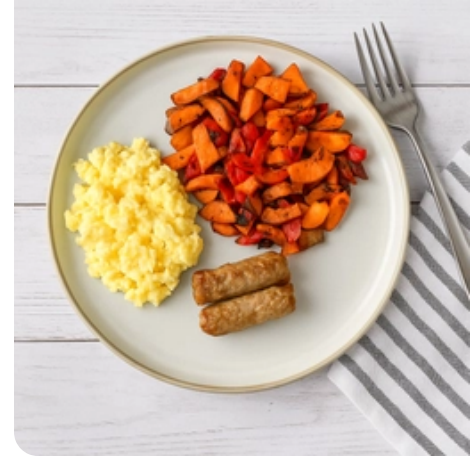




Egg and Heck Sausage



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 3 large Eggs
- 2 Heck Pork Sausages (or 4 Heck Chicken)
- 1 tsp Olive Oil
- 2 hand-sized Sweet Potato
- A dash of Himalayan Pink Salt
- A dash of Black Pepper

DIRECTIONS

1. Preheat the oven. Bake the sweet potato whole for 20-30 minutes, until soft.
2. Add olive oil to a pan and place on medium heat.
3. Add the sausage to the pan and cook according to package.
4. Move the sausage aside and cook the eggs to your liking, seasoning with salt and pepper.
5. Move ingredients to a plate alongside the baked sweet potato and serve warm.

AVERAGE NUTRITION INFO

Energy : 3439 kJ / 822 Cal

Fat : 50 g

Carbs : 58 g

Protein : 37 g

Fibre : 9 g

Sugar : 13 g

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