



HOME CHEF

BREAKFAST: TURKEY SAUSAGE & SUNDRIED TOMATO SANDWICH

With Fennel, Swiss Cheese, and Roasted Potatoes



If you need motivation to pull yourself out of bed on those weekday mornings, look no further than this deeply delicious homemade breakfast sandwich. Lean turkey sausage is smothered in Swiss cheese, paired with fluffy basil-infused eggs, and served alongside crispy potatoes. This meal is like an alarm clock for your taste buds.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 620
Carbohydrates: 45g
Fat: 23g
Protein: 45g
Sodium: 433mg
per serving

DIETARY



LOW CALORIE



NUT-FREE



SOY-FREE

DRINK PAIRING

Tomato Juice
Freshly Squeezed Orange Juice
Mimosa

INGREDIENTS

2 Garlic Cloves
2 Basil Sprigs
1 tsp. Fennel Seed
5 Red Potatoes
½ Oz. Sundried Tomatoes
8 Oz. Ground Turkey
2 English Muffins
2 Swiss Cheese Slices
5 Oz. Liquid Egg
¼ Oz. Baby Arugula

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
Mixing Bowl
Medium Saute Pan

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Prep the Vegetables

Preheat the oven to 400 degrees and prepare a baking sheet with foil. Roughly chop the **garlic**. Rinse, stem and finely chop the **basil**. With the back of a spoon, or small pan, gently crush the **fennel seeds** to release their aromatics. Rinse, scrub, and cut the **potatoes** into roughly 2" wedges. Finely chop the **sundried tomatoes**.



Roast the Potatoes

In a mixing bowl, combine 2 tsp. **olive oil**, **potatoes**, and **salt** and **pepper** to taste. Mix together, ensuring potatoes are well-coated. Place on a baking sheet and roast in oven for 15-18 minutes, or until golden brown and fork tender.



Prepare the Sausage

While potatoes are cooking, rinse mixing bowl used for potatoes and use to combine **ground turkey**, **half the garlic**, **crushed fennel seed**, and ½ tsp. of **salt** and **pepper** (freshly cracked is best). Mix with hands or spatula until spices are evenly distributed. Form the sausage into 2 equal-sized, ½"-thick patties.



Cook the Sausage and Toast the Muffins

Heat 2 tsp. **olive oil** in a pan over medium heat. Cook **sausage patties** on each side for 4-6 minutes, or until they are firm to the touch and no pink remains (165 degrees minimum internal temperature). Remove from the pan and place on a paper towel lined plate to absorb excess oil. Halve the **English muffins**, add a slice of **Swiss cheese** to 2 of the halves, and place on the baking sheet used to roast the potatoes. Bake for 2-3 minutes, or until cheese has melted and muffins are toasted.



Prepare the Eggs

In the same sauté pan, warm 1 tsp. **olive oil** over medium heat. When oil is hot, add **remaining garlic** and **sundried tomatoes** and sauté for 1 minute. Add liquid **egg** and **basil** to the pan and cook for 3-4 minutes, stirring occasionally, or until eggs are fluffy. Add **salt** and **pepper** to taste. Cut cooked egg in half for easy sandwich assembly.



Plate the Dish

Place **bottom half of muffin with the cheese** on a plate. Top with **egg**, **arugula**, and **sausage**. Finish by adding the top half of the English muffin. Compose a mound of **roasted potatoes** on the side.