



HOME CHEF

BREAKFAST

Harvest Pork Sausage & Eggs

With Roasted Apples



Ever made sausage before? We make it easy to combine juicy ground pork and delicious autumn spices for flavors you won't find anywhere else. Combined with fluffy scrambled eggs, sweet roasted apples, and a hint of aromatic sage, this low-calorie and low-carb power brunch will leave you satisfied and ready for the day (or night!) ahead.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 625
Carbohydrates: 35g
Fat: 31g
Protein: 54g
Sodium: 900mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Hot Toddy
Warm Apple Cider
Strong Coffee

INGREDIENTS

1 Sage Sprigs
2 Green Onions
2 Garlic Cloves
2 Apple
10 oz. Ground Pork
½ oz. Apple Cider Vinegar
½ tsp. Cayenne Pepper
1 ½ Tbsp. Apple Seasoning
8 oz. Liquid Egg



Prepare the Ingredients

Preheat oven to 400 degrees and prepare a baking sheet with foil. Thoroughly rinse produce and pat dry. Stem and roughly chop sage. Thinly slice **green onion**, reserving a pinch for garnish. Roughly chop **garlic**. Slice **apple** off the core and into eight wedges each.



Roast the Apples

On a baking sheet, combine **apples**, **apple seasoning**, **1 tsp. salt**, and **1 tsp. olive oil**. Scatter evenly across baking sheet and cook for 20 minutes or until golden brown and fork tender.

WHAT YOU NEED

Olive Oil
Salt
Pepper



Mix the Sausage

In a mixing bowl, combine the **ground pork**, **green onion**, **garlic**, **vinegar**, **sage**, **cayenne pepper**, pinch of **black pepper**, and **1 tsp. of salt**. Mix well to incorporate. Form the sausage into 6 equal-sized patties.



Cook the Sausage

Heat **1 tsp. of olive oil** in a small pan over medium heat. Add the **sausage** and cook for 4-5 minutes on each side or until golden brown and firm to the touch. The sausage will reach an internal temperature of 160 degrees. Set aside patties and wipe out skillet.



Cook the Eggs

Heat **1 tsp. olive oil** over medium heat in same pan you used to brown the sausage. When hot, add **eggs** to the pan. Cook, stirring occasionally, for 5-6 minutes or until eggs are light and fluffy. No liquid will remain.

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Plate the Dish

Place three pieces of **sausage** on a plate. Nestle **apples** next to the sausage. Place **scrambled eggs** next to the apples. Garnish with remaining **green onions**.

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