



NUTRITION *per serving* 56g carbohydrates 32g fat 30g protein 1390mg sodium | shellfish-free, nut-free



Calories
631



Prep & Cook Time
25-35 min.



Cook Within
6 days



Difficulty
Intermediate



Spice Level
Not Spicy



HOME CHEF

BREAKFAST

Pigs in a Blanket

with red bell pepper, spinach, and egg scramble

IN YOUR BOX

8 fl. oz. Liquid Egg
2 Green Onions
1 Red Bell Pepper
3 oz. Spinach
1 ¼ cup Pancake Mix
6 Breakfast Sausage Links
.9 oz. Butter
1.4 fl. oz. Breakfast Syrup

IN YOUR KITCHEN

Salt
Pepper
Cooking Spray
Baking Sheet
Mixing Bowl
Large Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Separation is natural when shipping liquid eggs. **Shake well** before using.

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- If **cooking spray** instantly smokes when sprayed into pan, the pan is too hot. Allow pan to cool 2-3 minutes and wipe clean before making **pancakes**.
- **Heads up!** Green onion is used twice in this recipe. **White portions** are added to **egg scramble** and **green portions** are used for garnish.

FROM THE CHEF

Covering cooked pancakes with a paper towel keeps them warm and pliable so they can cradle sausages.

Did you know...

What makes these sausages breakfast-y? The mixture of black pepper, sage, and thyme lend them their distinctive flavor.



Prepare the Ingredients

Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Stem, seed, and slice **red bell pepper** into ¼” dice. Coarsely chop **spinach**. Place **pancake mix** and ¾ cup **water** in a medium mixing bowl and stir to combine. *Avoid over-mixing batter; a few stray lumps of flour are okay. Over-mixing develops gluten, making pancakes chewy instead of light and fluffy.*



Make the Egg Scramble

Return pan used for pancakes to medium heat. Add **butter, bell pepper, and white portions of green onion** to hot pan. Cook, stirring occasionally, or until slightly charred, 5 minutes. Add **spinach** and cook until just wilted, 30 seconds. Add **eggs** and cook, stirring occasionally, until eggs are no longer runny, 2-3 minutes. Season with ½ tsp. **salt** and a pinch of **pepper**.



Cook the Sausages

Place **sausages** on prepared baking sheet and bake 10 minutes. Flip onto second side and bake until sausages reach a minimum internal temperature of 165 degrees, 5-6 minutes. While sausages cook, make pancakes.



Assemble the Pigs in a Blanket

Lay **pancakes** on a clean surface. Place a **cooked sausage** in each pancake and fold similar to a taco.



Make the Pancakes

Heat a large non-stick pan over medium-low heat. Coat pan with **cooking spray** (if cooking spray smokes, allow pan to cool 2-3 minutes). Working in batches, cook three silver dollar-sized **pancakes**, 3-4” in diameter, until golden brown, 1-2 minutes. *There will be six pancakes in total.* Stack cooked pancakes and wrap with a paper towel to keep warm. Wipe pan clean.



Plate the Dish

Serve **eggs** on a plate. Add three **pigs in a blanket** and serve with **syrup**. Garnish eggs with **green portions of green onion**.