



Breakfast Buns

SERVES: 1

INGREDIENTS

- 1 Peppercorn Extra Lean Beef Sausage
- 1 egg
- Wholegrain English muffin
- 1 tsp tomato or BBQ sauce
- Handful of rocket leaves
- 2 tsp olive oil

PREPARATION

1. Over medium heat, cook sausage for 5-10 minutes. Then add egg and fry in olive oil for 2-3 minutes until yolk hardens.
2. Toast muffin and serve breakfast bun with sausage, egg, a little sauce and topped with rocket leaves.