



Extra Lean Beef Sausage Omelette

PREP AND COOK 25 MINS | SERVES: 1

INGREDIENTS

- 2 Peppercorn Extra Lean Chipolatas - Chicken or Beef OR 1 Extra Lean beef Sausage
- 1/2 tablespoon vegetable oil
- 2 eggs
- 1/2 cup mushrooms
- 1/2 tomato, finely diced or 4 cherry tomatoes, sliced in half
- 1 tablespoon basil, chopped
- Salt, pepper for seasoning

PREPARATION

1. Whisk eggs and season with salt and pepper.
2. Heat oil in a non-stick pan on medium heat and cook sausage for 8 to 10 minutes.
3. Add mushrooms and cook for another 3 minutes until lightly browned.
4. Add tomatoes and cook for a further 1 minute.
5. Add egg mixture and cook through.
6. Sprinkle basil over cooked egg and turn out onto a plate.

PROTEIN FACTS

- Over 20g of protein
- 8.7g protein (2 chicken chipolatas) or 7.4 g protein (2 beef chipolatas) or 8.6g protein (1 beef sausage)
- 12g - two eggs
- 1.1 gram of protein in 1/2 cup of mushrooms

TIME-SAVING PREP TIPS

- Pre-cook your chipolatas or sausage ahead of time, cut into 2cm slices ready for use.
- OR remove sausage meat from casing and cook sausage until it is browned and crumbled, using spatula to break up meat.