

# Moroccan Sausage & Eggs

4 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 tbsp Coconut Oil
- 10 ozs Lamb Sausage
- 2 Tomato (medium, diced)
- 1/2 tsp Sea Salt
- 1 tsp Cumin (divided)
- 1/2 cup Cilantro (finely chopped and divided)
- 6 Egg (cracked into a bowl)

## NUTRITION

### AMOUNT PER SERVING

Calories	364	Iron	3mg
Fat	27g	Vitamin D	62IU
Carbs	4g	Folate	53µg
Fiber	1g	Magnesium	16mg
Protein	23g	Zinc	1mg
Vitamin C	10mg		

## DIRECTIONS

- 01 Heat coconut oil in a large skillet over medium heat. Cook the sausage until brown on all sides, about 5 minutes.
- 02 Drain any excess fat and add the tomatoes, olives, salt, half the cumin and 3/4 of the cilantro. Cook for another 5 minutes, stirring occasionally.
- 03 Pour the eggs over the sausage and tomatoes. Break the yolks and let simmer until the eggs have set. Lift the edges and tip the pan as needed to help the eggs cook evenly.
- 04 Garnish with the remaining cumin and cilantro. Divide onto plates and enjoy!

## NOTES

### RECIPE ID 500

### NO CILANTRO

Use parsley instead.

### NO LAMB SAUSAGE

Use beef, pork, chicken or turkey sausage instead.