



Moroccan Sausages and Eggs

Serves 2

(Recipe reproduced with kind permission from Healthpath Pro)



Ingredients

- 1 tbsp Coconut Oil
- 200g Lamb Sausages
- 2 Tomato (medium, diced)
- ¼ cup Green Olives (pitted and sliced)
- ½ tsp Sea Salt
- 1 tsp Cumin
- ½ cup Coriander Leaves (finely chopped)
- 4 Eggs (cracked into a bowl)

Method

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

Serving Suggestion and Varieties

Serve with brown rice, tortilla chips or crusty bread.
Spice it up - Add cayenne, black pepper, red pepper flakes, hot sauce and/or jalapeno slices.
Vary - Use beef, pork, chicken or turkey sausage, vegan chorizo or chickpeas instead.