



Eggs with potatoes and sausages

10'

Hands on

30'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

- 4 potatoes
- 2 tablespoons olive oil
- salt
- 200 g country sausages, cut into ½ cm cubes
- 3 fresh onions, finely chopped
- pepper
- 4 eggs
- 150 g kasseri cheese, grated

To serve

- parsley, finely chopped

Method

- Peel the potatoes and **cut** them into ½ - 1 cm cubes.
- Add the olive oil to a **pan** or a **pot** heated over medium heat and sauté the potatoes for about 20 minutes by mixing them from time to time.
- Slightly season with salt. Cover with a lid between mixing.
- Add the sausages and sauté for 5-10 more minutes.
- Add the onions and sauté.
- Season with salt and pepper, make 4 indentations and add the eggs and the kasseri cheese in them. Cover with lid until the eggs are done and the kasseri melts.
- Serve straight away with finely chopped parsley.

Διατροφικός πίνακας

Nutrition information per portion

656 Calories (kcal)	41.0 Total Fat (g)	15.0 Saturated Fat (g)	43.0 Total Carbs (g)
33%	59%	75%	17%
3.5 Sugars (g)	26.0 Protein (g)	5.8 Fibre (g)	1.5 Sodium (g)
4%	52%	23%	25%