



Sausage kagianas – Greek scrambled eggs

10'
Hands on

10'
Cook Time

2
Portion(s)

1
Difficulty



Ingredients

- 200 g sausages, cut into slices
- 2 tablespoon(s) olive oil
- 2 tomatoes, ripe
- 1 pinch salt
- 1 pinch pepper
- 5 sprig(s) thyme, only the leaves
- 1/2 teaspoon(s) granulated sugar
- 2 eggs
- 50 g gruyere cheese, grated

To serve

- oregano, fresh
- bread, toasted

Διατροφικός πίνακας

Nutrition information per portion

508 Calories (kcal)	39.0 Total Fat (g)	16.0 Saturated Fat (g)	7.7 Total Carbs (g)
25%	56%	80%	3%
6.7 Sugars (g)	28.0 Protein (g)	2.7 Fibre (g)	1.8 Sodium (g)
7%	56%	11%	30%

Method

- Cut the sausages cut into slices.
- In a 20 cm [frying pan](#) placed over medium heat add the olive oil and the sausages.
- Lower the heat and sauté the sausages for 4-5 minutes, mixing them often until they are golden brown.
- Grate the tomatoes and deglaze the pan.
- Add the salt, the pepper, the thyme, and the sugar.
- Lightly beat the eggs.
- Add the eggs on top, close the lid, and leave on heat until the eggs are cooked through. You do not want your kagianas to thicken a lot as it will lose its moisture.
- Remove the pan from the heat and sprinkle with grated gruyere cheese.
- [Serve](#) with a few oregano leaves and some toasted bread.