

## Chicken Sausages with Scrambled Egg and Sauté Potatoes

**Serves 10**

Ingredients	
<b>10 good quality thin chicken sausages</b>	<b>8 medium eggs</b>
<b>1kg waxy potatoes, such as Maris Piper or Desiree, peeled, cut into bite size dice</b>	<b>10 small (650g) tomatoes</b>
<b>9 tbsp vegetable oil</b>	

- **METHOD:**
- Place the sausages on to cook as per instructions.
- Boil a large pan of water, peel and cut the potatoes into bite size cubes. Cook the cubes for 3 minutes, drain and shake out onto kitchen paper to cool.
- When cooled, heat the oil in a large non-stick pan and fry the potatoes. This can be done in batches and kept in a warm oven until ready to serve.
- Cut the tomatoes half, place the halves under a medium grill for 5-7 minutes until cooked. Alternatively they can be done in a pan for 5-7 minutes turning once.
- Crack all the eggs into a large bowl, whisk, then, scramble in a non - stick pan, using a small amount of vegetable oil if required.
- When all cooked cut the sausages into chunks and serve with the potatoes, egg and tomatoes.



- ✓ **s** – FOR PUREE DIETS, SERVE A PREVIOUSLY PREPARED VEGETABLE PUREE
- ✓ FOR EGG FREE DIETS, CHECK CHICKEN SAUSAGE INGREDIENTS FOR EGG, IF REQUIRED USE FREE FROM, CHICKEN, TURKEY OR BEEF SAUSAGES
- ✓ FOR WHEAT FREE DIETS, USE FREE FROM, CHICKEN, TURKEY OR BEEF SAUSAGES
- ✓ FOR MILK FREE DIETS, CHECK CHICKEN SAUSAGE INGREDIENTS FOR MILK IF REQUIRED USE FREE FROM, CHICKEN, TURKEY OR BEEF SAUSAGES
- ✓ FOR VEGETARIAN DIETS, USE QUORN OR VEGETARIAN SAUSAGES

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
333	10.6	25.3	16.6	2.7	0.4	3.2	85