

# Quick Paleo Breakfast



Stack up the breakfast sausages with velvety avocado & crisp fried egg for a filling meal that's ready within minutes.

## Ingredients for 2 serving (US/Metric)

- 2 *pieces* Eggs
- 1 *pieces* Avocado
- 135g / 4.8oz Sausage Patties
- Salt & pepper to taste
- Fresh parsley

## Nutrition (US/Metric)

- **Protein:** 25%
- **Fat:** 72%
- **Net carbs:** 3%

## Instructions

1. Heat the breakfast sausage patties in the microwave/pan as per the package instructions.
2. Add salt & pepper seasoning to the mashed avocado (or if you prefer, use guacamole instead). Then, smear it on the patties.
3. Heat a frying pan over medium heat and drizzle some oil.
4. Rub/spray the inside of a ring mold with oil/cooking spray. Place it on the hot pan and crack an egg inside the ring mold. Sprinkle salt & pepper to taste and let the egg fry for 3 minutes undisturbed. When the egg white seems set, remove the ring mold and finish frying.
5. Gently put the fried egg on the mashed & seasoned avocado. Serve with some fresh parsley.