



## Sausage & Cauliflower Skillet with Eggs

4 servings

25 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 cup Shallot (finely chopped)
- 340 grams Turkey Sausage (extra lean, casings removed)
- 4 cups Cauliflower Rice
- 3 tbsps Water
- Sea Salt & Black Pepper (to taste)
- 8 Egg
- 1 tbsp Chives (optional, chopped)

### Nutrition

Amount per serving	
Calories	379
Fat	23g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	31g
Cholesterol	436mg
Sodium	674mg
Vitamin A	637IU
Vitamin C	46mg
Calcium	102mg
Iron	3mg

### Directions

- 1 Heat the oil in a large non-stick pan over medium heat. Add the shallot, then the sausage. Cook for four to six minutes or until cooked through, breaking the meat up as it cooks. Remove from the pan and set aside.
- 2 Increase the heat to medium-high. Add the cauliflower rice in an even layer, and cook without stirring. Leave for two to three minutes or until starting to turn golden on one side. Stir, add the water and season with salt and pepper. Cover and cook for two more minutes or until tender.
- 3 Stir in the sausage mixture, cook until heated through. Keep warm.
- 4 Meanwhile, heat the remaining oil to a separate pan over medium heat. Cook the eggs, in batches if needed, until the whites are set and the yolks are cooked to your preference.
- 5 Divide the sausage and cauliflower rice between plates and top with the eggs. Garnish with chives, if desired. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate in an airtight container for up to three days. To meal prep in advance, hard-boil the eggs and refrigerate items separately.

**Serving Size:** One serving is approximately one cup of sausage mixture with two eggs.

**No Pork:** Use turkey or chicken sausages instead of pork.

**Additional Toppings:** Chopped parsley, cilantro, green onions, and/or hot sauce.