



Turkey Breakfast Patties & Omelette

4 servings
30 minutes

Ingredients

454 grams Extra Lean Ground Turkey
1/2 tsp Sea Salt
1/2 tsp Oregano
1/4 tsp Black Pepper
1 tsp Chili Flakes
8 Egg (whisked)
1 2/3 tbsps Extra Virgin Olive Oil (divided)
2 tps Chives (chopped)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 364 |
| Fat | 25g |
| Carbs | 1g |
| Fiber | 0g |
| Sugar | 0g |
| Protein | 34g |
| Cholesterol | 456mg |
| Sodium | 515mg |
| Vitamin A | 648IU |
| Vitamin C | 0mg |
| Calcium | 83mg |
| Iron | 3mg |

Directions

- 1 Heat a cast-iron pan over medium heat.
- 2 Add the turkey, salt, oregano, black pepper, and chili flakes to a large bowl and mix until just combined.
- 3 Portion the turkey out into patties using a 1/4 cup measuring cup. Add a touch of oil to the pan, just enough to cover the bottom, and place the patties in the pan. Cook the patties for about three to four minutes on each side or until cooked through. Cook in batches if needed to avoid crowding the pan.
- 4 Meanwhile, heat another pan over medium heat. Use this pan to make one omelette per serving. Add just enough oil to coat the bottom of the pan. Add one serving of the whisked eggs to the pan and allow them to set before gently rolling them into an omelette with a spatula. Continue making one omelette per serving with the remaining eggs, adding oil to the pan before each omelette.
- 5 Divide the omelettes and patties evenly between plates. Garnish with the chives and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one omelette and two patties.

Save on Time: Meal prep the turkey patties in advance and scramble the eggs just before serving. Or, choose to hard boil the eggs instead for easy meal prep.

No Turkey: Use ground meat of choice or remove the casing from sausages and form it into patties instead.