

# Double Sausage Fake-away McMuffins



Calories: 439



Carbs: 38



Protein: 34



Fat: 15

SERVINGS: 2

PREPTIME: 10 MIN

COOKING TIME: 10 MIN

## Ingredients

- 6 low fat sausages
- 1 leaf fresh rosemary chopped
- 1 sprig fresh thyme chopped
- 1 leaf fresh sage chopped
- 2 wholemeal rolls approximately 60g each
- 2 tbsp light cheese spread
- low calorie cooking spray
- 2 eggs

## Directions

- Remove the skins from the sausage and place the sausage meat in a bowl
- Add the chopped herbs, you can use a small pinch of dried if you don't have fresh
- Split the sausage meat into 4 equal pieces, then shape each one into a flat round burger shape, big enough to fit on the roll
- Fry each sausage patty over a medium heat, in a little low calorie cooking spray until they are cooked through. It should take around 5 minutes on each side
- When the sausage is almost cooked spray two small microwaveable bowls with low calorie cooking spray and crack an egg into each one. Season the eggs, pierce the yolks and cover with cling film
- Microwave each egg on high for about 30 seconds. Keep an eye on them as they may pop in the microwave. The yolks should be quite firm but still moist
- Slice the rolls in half, then stack two sausage patties on each roll, add the light cheese spread on top of the sausage and then top with the egg