

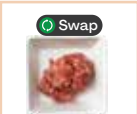


# Sausage and Egg Skillet with Peppers and Toast

Super Quick

Spicy

15 Minutes



Ground Turkey  
250 g | 500 g

Customized Protein

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Mild Italian Sausage, uncased  
250 g | 500 g



Egg  
2 | 4



Sweet Bell Pepper  
1 | 2



Baby Spinach  
56 g | 113 g



Onion, chopped  
113 g | 227 g



Cheddar Cheese, shredded  
1/4 cup | 1/2 cup



Ciabatta Roll  
2 | 4



Hot Sauce  
2 tbsp | 4 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Unsalted butter, milk, salt, pepper

**Cooking utensils** | Medium bowl, measuring spoons, measuring cups, whisk, large non-stick pan

1



## Prep

• Before starting, wash and dry all produce.

- Core, then cut **pepper** into ¼-inch strips.
- Whisk **eggs** and ½ **cup** (1 **cup**) **milk** together in a medium bowl. Season with **salt** and **pepper**. Set aside.

2



## Cook sausage and veggies

🔄 Swap | **Ground Turkey**

- Heat a large or medium non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 **tblsp**) **butter**, then **sausage, onions** and **peppers**.
- Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min. **\*\***
- Add **spinach**. Cook, stirring often, until wilted and **any extra liquid** is absorbed, 2-3 min.

3



## Finish sausage skillet

- Spread **sausage** and **veggies** out evenly in the pan. Reduce heat to medium.
- Carefully pour **egg mixture** over top. Sprinkle **cheese** over top.
- Cover and cook until **eggs** are set, 3-4 min. **\*\***

4



## Finish and serve

- Halve **ciabatta**. Toast in a toaster, then spread **each toasted ciabatta half** with ½ **tbsp butter**.
- Divide **sausage** and **egg skillet** between plates.
- Drizzle over **hot sauce**, if desired.

Measurements  
within steps

**1 tbsp** (2 **tblsp**) **oil**  
2 person 4 person Ingredient

## 2 | Cook turkey and veggies

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **sausage**. **\*\***

**\*\*** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.