

# Sausage & Egg McMuffin



## English Muffin

Toast until golden brown



## 75g Sausage Meat

Season with a pinch of salt and pepper then shape into balls. Flatten into patty shapes and cook under a pre-heated grill for 6-7 minutes on each side (or as per instructions on packaging)



## Eggs

Brush the inside of a metal ring with a little oil and place in a small frying pan. Pour in just enough water to cover the base then bring to the boil. Crack the eggs into the rings, cover the pan and cook for 2-3 minutes



## American Cheese Slice

Assemble your McMuffin by layering the patty and egg on top of a slice of cheese