

Scotch Eggs

INGREDIENTS:

- 2 lbs. breakfast sausage
- 8 large eggs, hard boiled and peeled

PROCESS:

- Preheat oven to 375 F. Cover a baking sheet with parchment paper
- Divide the pork into 8 equal servings. Roll each piece into a ball, and then flatten it in your palm into a pancake shape.
- Wrap the meat around a hard-boiled egg, rolling it between your palms until the egg is evenly covered.
- Place the meat wrapped egg on the baking sheet.
- Bake for 25 minutes then increase the temperature to 400 F and bake an additional 5-10 minutes, until the eggs are golden brown.

ENJOY!

From: Well-Fed

An option:

Roll meat covered eggs in crushed pork rinds or crushed sweet potato chips.