

Quick Ham and Sausage Scramble

A speedy and satisfying breakfast scramble featuring eggs, ham, sausage, and onions, perfect for a nutritious start to your day.


10 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 2 large eggs
- 50g cooked ham, diced
- 50g sausage, sliced
- 1/4 cup onion, finely chopped
- 1 tbsp olive oil or butter
- Salt and pepper to taste
- Optional: chopped parsley for garnish

Steps

- 1 Heat olive oil or butter in a non-stick skillet over medium heat.
- 2 Add the chopped onion and sauté until translucent, about 2 minutes.
- 3 Add the sliced sausage and diced ham, cook for another 3-4 minutes until lightly browned.
- 4 In a bowl, beat the eggs with a pinch of salt and pepper.
- 5 Pour the eggs over the meat and onions in the skillet.
- 6 Stir gently and continuously until the eggs are fully cooked and scrambled, about 2-3 minutes.
- 7 Remove from heat, garnish with chopped parsley if desired, and serve immediately.