

**Sweet potato, red onion and sausage frittata : Summer-style Finest pork sausages : £1.09 per serve : high in protein... / Tesco.**

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**Summer-style Finest pork sausages**

Sweet potato, red onion  
and sausage frittata



£1.09 per serve • High in protein • Ready in 45 mins

**TESCO**  
Every little helps



- 2 tbsp olive oil
- 454g (14½oz) pack Finest British pork sausages
- 1 sweet potato (about 225g/8oz) peeled and thinly sliced
- 1 medium red onion, cut into thin wedges
- 50g (2oz) baby spinach leaves, roughly sliced
- 8 large eggs
- 1 tbsp snipped chives, plus extra to garnish
- green salad, to serve

Order these ingredients with a ready-made 'click to buy' list at

[www.tesco.com/food](http://www.tesco.com/food)

**Serves 4 To prepare 10 mins To cook 35 mins**  
**Cost per serve £1.09**

- 1** Heat 1 tablespoon of the oil in a large non-stick frying pan with a heatproof handle. Add the sausages (no need to prick them) and fry over a medium heat for 10-12 minutes, turning occasionally, until evenly browned. Remove, drain on kitchen paper and let cool slightly before cutting each one into 5 diagonal slices.
- 2** Wipe out the pan, then pour in the remaining 1 tablespoon of oil and heat up. Tip in the sweet potato and red onion and stir-fry for 10-12 minutes until softened and turning golden. Stir in the spinach for a few seconds (just enough to wilt), then return the sausages to the pan. Preheat the grill to high.
- 3** Beat the eggs, season, pour them into the pan, then scatter over the snipped chives. Cook over a medium heat for about 5 minutes, or until the edges begin to set. Place the pan under the grill for a few more minutes until the top begins to puff up and is lightly browned. Scatter over the remaining snipped chives, and serve with Italian Mozzarella & Semi Dried Tomatoes and a fresh green salad.

Each serving contains

Calories	Sugar	Fat	Saturates	Salt
630	6g	45g	14g	2.8g
32%	7%	64%	70%	47%

of your guideline daily amount

## Perfect partners



**Finest sausages**  
 All our Finest sausages are made in Britain with 100% British pork.



**Italian Mozzarella & Semi Dried Tomatoes**  
 This makes an excellent accompaniment for the frittata.



**Finest Crozes Hermitage**  
 Careful oak ageing gives this red a rich and savoury character, to balance its soft, fruity flavour notes.

For great recipe ideas and inspiration visit [www.tesco.com/food](http://www.tesco.com/food)

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[drinkaware.co.uk](http://drinkaware.co.uk) for the facts