

Choco Fever Dream

Hearty Beef Sausage and Egg Breakfast Rolls

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 soft bread rolls
- [ ] 8 oz beef sausage, sliced
- [ ] 4 large eggs
- [ ] 2 tbsp butter, melted
- [ ] 1 tsp lemon zest
- [ ] Salt and pepper to taste

Optional Extras

- [ ] 1 tbsp fresh chives, chopped
- [ ] A drizzle of maple syrup

Instructions

1. Warm the oven to 350°F (175°C). Slice each roll horizontally, leaving a hinge so they open like a pocket.
2. In a skillet over medium heat, add the sliced beef sausage. Cook until browned, about 5-6 minutes, stirring occasionally.
3. Push the sausage to one side, lower the heat, and pour in the whisked eggs. Stir gently until just set, keeping them soft.
4. Brush the inside of each roll with melted butter, then fill with the sausage-egg mixture. Sprinkle lemon zest, salt, and pepper.
5. Place the filled rolls on a baking sheet and bake for 8-10 minutes, until the rolls are lightly golden and the filling is warmed through.
6. Remove, let cool a minute, then garnish with chives or a drizzle of maple syrup if desired. Serve immediately.

Nutrition per serving

420 kcal	20 g	32 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sausage releases a lot of fat, drain before adding eggs.
- For extra fluff, let the rolls rest uncovered for 5 minutes after baking.
- A pinch of smoked paprika adds a subtle depth without overpowering.