

DINNERLY



Sausage & Sweet Potato Egg Muffin Cups

with Feta



30min



2 Servings

Keep your hunger in check with a delicious batch of egg cups! We season hearty chicken sausage and sweet potatoes with Tex-Mex spice for a serious dose of flavor before combining with a silky custard of eggs, milk, and mascarpone. Sprinkle a little feta over top and bake to perfection. We've got you covered! (2p-plan makes 12 egg cups; 4p-plan makes 24 —nutrition reflects 1 egg cup)

WHAT WE SEND

- 1 sweet potato
- 1 yellow onion
- 3 oz mascarpone ²
- ½ lb uncased Italian chicken sausage
- ¼ oz Tex-Mex spice blend
- 2 oz feta ²

WHAT YOU NEED

- 4 large eggs ¹
- kosher salt & ground pepper
- olive oil
- ⅓ cup milk ²

TOOLS

- 12-cup muffin tin
- nonstick cooking spray
- microwave
- medium skillet

COOKING TIP

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ALLERGENS

Egg (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 150kcal, Fat 9g, Carbs 8g, Protein 9g



1. Prep ingredients

Preheat oven to 375°F with a rack in the center. Grease a 12-cup muffin tin with nonstick cooking spray.

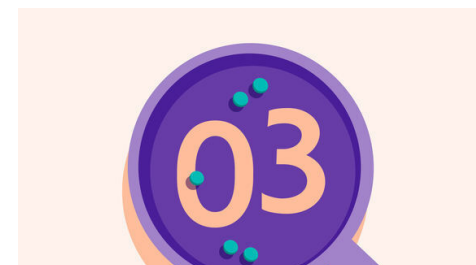
Peel **sweet potatoes** and chop into ¼-inch cubes. Microwave in a bowl on high heat until just tender, about 5 minutes.

Halve and thinly slice **onion**.



2. Prep egg mixture

In a medium bowl, whisk to combine **mascarpone**, **4 large eggs**, **⅓ cup milk**, **¼ teaspoon salt**, and **a few grinds of pepper**.



3. Cook filling

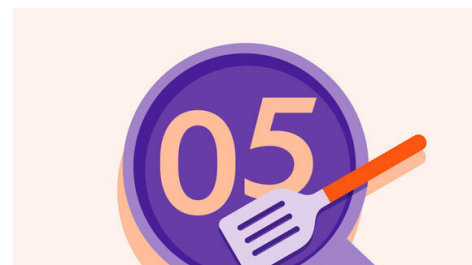
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **sausage** and cook, breaking up into smaller pieces, until browned and mostly cooked through, 3–4 minutes. Add **onions** and **sweet potatoes**; cook, stirring as needed, until beginning to brown, 5–7 minutes more. Add **Tex-Mex spice blend**; cook, stirring, until fragrant, 1–2 minutes.



4. Assemble egg cups & bake

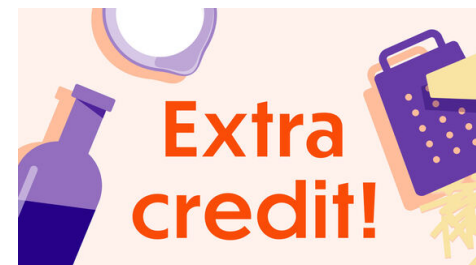
Divide **sweet potato & sausage filling** evenly among muffin cups. Pour **egg mixture** over filling and crumble **feta** evenly over top.

Bake on center oven rack until tops are golden brown and centers are set, rotating halfway through, 15–20 minutes. Let rest for 5 minutes.



5. Serve

Unmold **Tex-Mex muffin cups** by running a thin spatula around edges. Enjoy!



6. Rate your plate!

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