

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! (2-p plan makes 12 egg cups; 4-p plan makes 24) **296**

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

Want to see helpful cooking tips, tricks, and bonus Dinnerly content? Follow us on Instagram @dinnerly or TikTok @dinnerlyus for more!

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

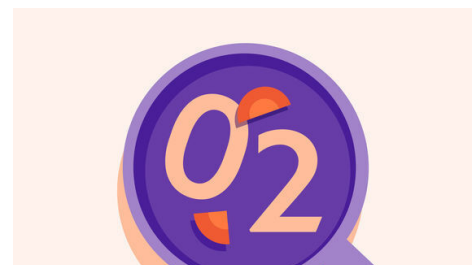


1. Prep ingredients

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

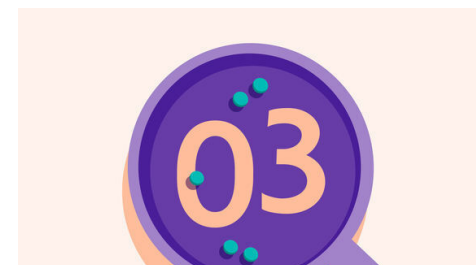
Peel **sweet potatoes** and chop into ¼-inch cubes. Microwave in a bowl on high heat until just tender, about 5 minutes.

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

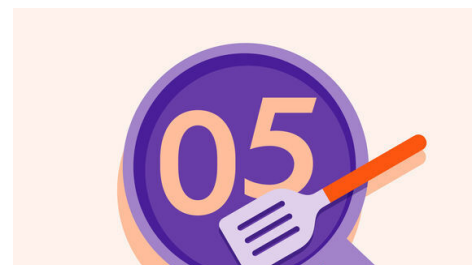
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **sausage** and cook, breaking up into smaller pieces, until browned and mostly cooked through, 3–4 minutes. Add **onions** and **sweet potatoes**; cook, stirring as needed, until beginning to brown, 5–7 minutes more. Add **Tex-Mex spice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



4. Assemble egg cups & bake

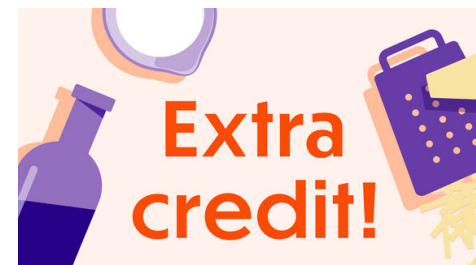
Divide **sweet potato & sausage filling** evenly among muffin cups. Pour **egg mixture** over filling and crumble **feta** evenly over top.

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!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.