

DINNERLY



Sausage, Egg & Cheese Breakfast Buns with Everything Bagel Seasoning



30-40min



2 Servings

If you want the breakfast of champions, you're not gonna get it with some cereal and toast. However, these breakfast buns would like to have a word. Stuffed with spinach, mushrooms, cheese, and scrambled eggs, it has everything you need wrapped up in a warm, everything bagel-seasoned bun. We've got you covered! (2p-plan serves 4; 4p-plan serves 8—nutrition reflects 1 bun)

WHAT WE SEND

- 1 lb pizza dough ⁴
- 4 oz mushrooms
- 5 oz baby spinach
- 1 oz cream cheese ²
- 2 oz shredded fontina ²
- ¼ oz everything bagel seasoning ³
- ½ lb pkg country-style sausage

WHAT YOU NEED

- olive oil
- garlic
- 3 large eggs ¹
- kosher salt & ground pepper

TOOLS

- 8x8-inch baking dish
- medium nonstick skillet

COOKING TIP

Let pizza dough come to room temperature before cooking. To speed things up, preheat oven to 200° F; place dough in a lightly oiled bowl and cover. Turn off heat and place bowl in oven for 10–20 mins.

ALLERGENS

Egg (1), Milk (2), Sesame (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 590kcal, Fat 26g, Carbs 58g, Protein 22g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Lightly grease a medium 8x8-inch baking dish with **oil**.

Place **dough** in a lightly **oiled** bowl; set aside to come to room temperature until step 4.

Trim ends from **mushrooms** and thinly slice caps. Finely chop **2 teaspoons garlic**.



2. Cook eggs

In a small bowl, whisk to combine **3 large eggs** with **a pinch each of salt and pepper**.

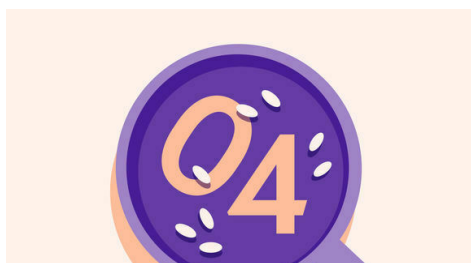
Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add eggs; scramble until soft curds form, about 1 minute. Transfer to a medium bowl; wipe out skillet.



3. Cook filling

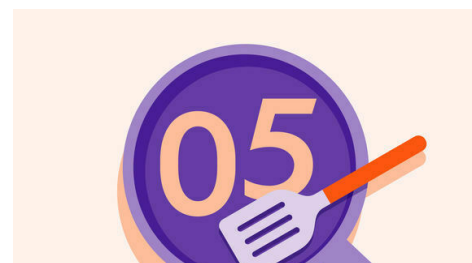
Heat **2 tablespoons oil** in same skillet over medium-high. Add **sausage** and **mushrooms**; cook, stirring occasionally, until softened, browned and cooked through, 4–6 minutes. Stir in **spinach** and **chopped garlic**; cook, stirring, until wilted, 1–2 minutes.

Stir in **cream cheese** until melted, 1 minute more. Transfer to bowl with **eggs**. Stir in **fontina** until combined.



4. Assemble buns

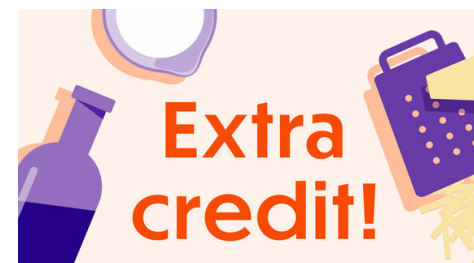
Divide **dough** into 4 even pieces. Roll or gently stretch each piece into a 5-inch circle. Divide **filling** evenly among centers of each circle. Stretch edges of dough over filling to meet in the center; pinch to seal.



5. Bake & serve

Transfer **buns**, seam-side down, to prepared baking dish, evenly spread apart. Brush with **oil** and sprinkle with **everything bagel seasoning**. Bake on center oven rack until puffed and golden-brown, 20–25 minutes.

Let **sausage, egg and cheese breakfast buns** rest for 5 minutes before serving. Enjoy!



6. Did you know?

Although reducing food waste is a top priority, sometimes in spite of best efforts, we end up with leftovers (ingredients AND food) in our test kitchen and packing facilities. When that happens, we still make sure it doesn't go to waste. One way of ensuring all of our nutritious food ends up on a table is by donating to local charities like Table to Table and Grace Place.