

## Egg in a Nest

**Servings:** 1

**Prep Time:** 5min

**Cook Time:** 6min

### Ingredients

- 1 beef sausage per person
- 1 large egg per person
- 5 ml sweet chilli sauce
- 30 ml grated cheddar cheese per person



### Directions

1. Squeeze the meat from a sausage casing, directly into a 9cm diameter ungreased ramekin dish.
2. Press the sausage meat evenly on the base and up the sides of the dish.
3. Break an egg into each one and prick the yolk.
4. Add a spoon of sauce then and finish with a generous layer of grated cheese.
5. Cover each dish with cling-film, and microwave as follows:
6. For 1 cook for 3- 4 minutes
7. For 2 together cook for 5 – 6 minutes