

# Herby Breakfast Sausages

**Calories:** 0 kcal

**Servings:** 4

**Time:** 0 Mins

## Ingredients

- 2.00 tbsp Basil
- 1.00 tbsp Coconut Oil
- 250.00 g Pork (ground)
- 2.00 tbsp Sage
- 2.00 g Salt and Pepper (to season)

## Instructions

1. In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into sausages.
2. Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until browned and thoroughly cooked.
3. Serve hot or store in the refrigerator for later. (2 sausages = 1 serve)