- Prep Time: 10 Minutes
- Cook Time: 15 Minutes
- Total Time: 25 Minutes
- Servings: 2 People
- Intensity Level: Low (Beginner Friendly)

Table of Contents

- Ingredients
- Instructions
  - Phase 1: Preparation (Time: 5 Minutes | Intensity: Low)
  - Phase 2: Cooking the Sausage (Time: 6 Minutes | Intensity: Medium)
  - Phase 3: The Eggs & Cheese (Time: 4 Minutes | Intensity: Medium-Low)
  - Phase 4: Assembly & Toasting (Time: 3 Minutes | Intensity: Low)
  - Phase 5: Serving (Time: 1 Minute | Intensity: Low)
- Nutrition Information (Per Serving)

Ingredients

For the Stacks:

- 4 slices of thick-cut white or brioche bread
- 4 breakfast sausage patties (pork or turkey)
- 4 large eggs
- 4 slices of sharp cheddar cheese (or American cheese)
- 2 tablespoons unsalted butter (divided)
- 1 tablespoon olive oil

Optional Garnishes:

- Freshly chopped chives or parsley
- Maple syrup for drizzling
- Hot sauce

Instructions

Phase 1: Preparation (Time: 5 Minutes | Intensity: Low)

1. Prep the Station: Gather all your ingredients. Crack the eggs into a small bowl (or separate bowls if you prefer) and whisk them lightly with a pinch of salt and pepper.

2. Toast the Bread: Place the bread slices in a toaster or on a baking sheet. Toast them lightly until they are golden brown but still soft in the center. This prevents the bread from getting soggy later. Set aside.

Phase 2: Cooking the Sausage (Time: 6 Minutes | Intensity: Medium)

1. Heat the Pan: Place a large non-stick skillet over medium heat. Add the olive oil.

2. Brown the Patties: Once the oil is shimmering, add the sausage patties. Cook for about 3 minutes per side, or until they are browned and cooked through (internal temperature should reach 160°F/71°C).

3. Rest: Remove the sausages from the pan and place them on a paper towel-lined plate to drain excess grease. Do not wipe out the skillet; the residual flavors will help cook the eggs.

Phase 3: The Eggs & Cheese (Time: 4 Minutes | Intensity: Medium-Low)

1. Melt the Butter: Reduce the heat under the skillet to medium-low. Add 1 tablespoon of butter to the pan.

2. Cook the Eggs: Pour the whisked eggs into the hot skillet. Let them set for about 20 seconds, then gently push the eggs with a spatula, creating soft curds. Cook until the eggs are almost set but still glossy.

3. Add Cheese: Divide the cheese slices and place them directly onto the eggs in the pan. Cover with a lid for 30 seconds to melt the cheese fully. Remove from heat.

Phase 4: Assembly & Toasting (Time: 3 Minutes | Intensity: Low)

1. Butter the Toast: Take the remaining 1 tablespoon of butter and spread it lightly on one side of the toasted bread slices.

2. The Build:

    - Place one slice of buttered toast on a serving plate.

    - Top with one sausage patty.

    - Top with a quarter of the cheesy scrambled eggs.

- Place a second slice of toast on top to create a sandwich stack.

3. The Finish: You can repeat this to make a double-decker stack (4 slices total per person) or keep it as a single serving sandwich. If making a double-decker, repeat the layers.

Phase 5: Serving (Time: 1 Minute | Intensity: Low)

1. Garnish: Sprinkle freshly chopped chives or parsley over the top of the stack.

2. Serve: Serve immediately while hot. Drizzle with maple syrup or add a dash of hot sauce if desired.

Nutrition Information (Per Serving)

Note: Nutritional values are estimates based on standard ingredients and will vary based on specific brands used (e.g., sausage type, bread thickness).

- Calories: 680 kcal

- Total Fat: 48g (Saturated Fat: 19g)

- Cholesterol: 420mg

- Sodium: 980mg
- Total Carbohydrate: 28g (Dietary Fiber: 1g, Sugars: 3g)
- Protein: 32g

Vitamins & Minerals (Approx % Daily Value):

- Vitamin A: 15%
- Calcium: 35%
- Iron: 20%