

Breakfast Bonanza

The Classic English Breakie!



The classic English breakfast is a delicious way to start your day. Making just a few simple changes to the way you cook it and the ingredients you use can make all the difference between a delicious breakfast and a calorie laden health disaster!

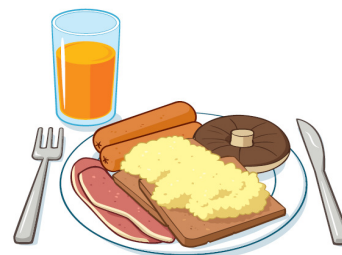
Firstly, remember the PhunkyFoods Plate of Health – the majority of your plate should be made up of bread, other cereals or potatoes and fruits and vegetables. Secondly, ensure you buy good quality meat or vegetarian alternatives and where possible opt for a high meat percentage and low salt alternative; quorn sausages are lower in fat and cholesterol and are equally delicious, why not give them a try? Finally enjoy eating your full English; it'll take you longer than a piece of toast and as such should be savored! Don't feel guilty about indulging providing you have a healthy balanced diet over the day or week you can indulge every once in a while.

Ingredients: (Serves 4)

2 sausages
4 slices bacon
3 eggs
½ cup milk
Big pinch black pepper
4 beef tomatoes
4 large field mushrooms
1 can baked beans
4 thickly sliced slices granary bread

Equipment:

Grill and grill pan
Tongs
2 x non-stick pans
Wooden spoon
Knife
Chopping board
Toaster
4 large plates



Method:

1. Pre-heat the grill to a medium heat.
2. Trim the visible fat from the bacon and slice the sausages and tomatoes in half.
3. Place the sausages and bacon under the grill.
4. Crack the eggs into a non-stick pan and add the milk and black pepper. Place over a medium heat, stir and leave for 2 minutes to begin to set.
5. Add the beans to a pan and heat gently, stirring occasionally.
6. Turn the sausages and bacon over and place the mushrooms and tomatoes under the grill to cook.
7. Stir the eggs to break up, continue cooking leaving to set then breaking up until the eggs are still slightly runny, at this point remove the pan from the heat and allow the eggs to finish cooking in their own heat.
8. Put bread in toaster.
9. Check the sausages, bacon, mushrooms and tomatoes and stir the beans.
10. When the meat is cooked through the mushrooms and tomatoes should be warm and cooked through.
11. Place a slice of toast, sausage and bacon slice, mushroom, two tomato halves, scrambled egg and beans onto a large plate – sit back and enjoy!