



Full English Breakfast

with Sausages, Bacon and Garlic Butter Mushrooms

Brunch 35-40 Minutes • 1 of your 5 a day

10A

Find all your unchilled Market items in bag A.



Unsalted Butter



Garlic Clove



Flat Leaf Parsley



Cumberland Sausage



Portobello Mushroom



Ciabatta



Medium Tomato



Streaky Bacon

Pantry Items

Salt, Pepper, Oil, Sugar, Egg, Tomato Ketchup

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, bowl, baking tray, frying pan and kitchen paper.

Ingredients

Ingredients	Quantity
Unsalted Butter** 7)	20g
Garlic Clove**	1
Flat Leaf Parsley**	1 bunch
Cumberland Sausage** 14)	4
Portobello Mushroom**	2
Ciabatta 13)	1
Medium Tomato	1
Streaky Bacon**	6 rashers

Pantry	Quantity
Egg*	2
Tomato Ketchup*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	434.5g	100g
	3222 / 770	741 / 177
Fat (g)	53.5	12.3
Sat. Fat (g)	21.1	4.9
Carbohydrate (g)	36.0	8.3
Sugars (g)	7.6	1.7
Protein (g)	36.4	8.4
Salt (g)	4.37	1.01

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Make the Garlic Butter

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **butter** from your fridge and leave to one side to soften.

Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all).

Once the **butter** has softened slightly, pop into a small bowl with the **garlic** and **parsley**. Use a fork to mash the **garlic** and **parsley** into the **butter**. Season with **salt** and **pepper**, then set aside for later.



Fry the Bacon

Whilst everything is in the oven, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, lay in the **bacon rashers** and fry until crispy and brown, 3-4 mins on each side. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.**

Transfer to a plate lined with kitchen paper and cover to keep warm.



Bring on the Sausages

Pop the **sausages** onto a baking tray. When the oven is hot, bake on the middle shelf until they're golden brown and cooked through, 20-25 mins. Turn halfway through. **IMPORTANT: Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.**

Meanwhile, remove and discard the stems from the **portobello mushrooms**, lay them cut-side up, then top them evenly with the **garlic butter**.

When the **sausages** have been in the oven for 5-7 mins, remove the tray and add the **mushrooms**. Return to the oven and roast until the **mushrooms** have softened, 15-18 mins.



Get Cracking

Return your (now empty) frying pan to medium-high heat and add another drizzle of **oil**.

Once hot, crack in each **egg** (see pantry for amount) and cook for 4-5 mins, or until the **egg** white is cooked and the **yolk** is the firmness you desire. Lower the heat as needed. **IMPORTANT: Ensure egg whites are fully cooked.**

Just before serving, toast the **ciabatta halves** in your toaster until golden. If you don't have a toaster, add them to the **tomato** baking tray, cut-side up, and bake on the top shelf until golden, 2-3 mins.



Roast the Tomato

Whilst the **mushrooms** and **sausages** bake, halve the **ciabatta** and halve the **tomato**.

Add the **tomato** to a baking tray, cut-side up. Drizzle the **tomato** with **oil** and season with **salt, pepper** and a pinch of **sugar**.

Once the **sausages** have been in the oven for 10-15 mins, add the **tomato** tray to the top shelf and bake until the **tomato** is softened, 10-15 mins.



Brunch is Served

Serve a **fried egg** on each **ciabatta half** with the **bacon, sausages, garlic mushroom** and **tomato** alongside.

Add a dollop of **ketchup** (see pantry for amount) if you wish.

Enjoy!