



Mighty Sausage Burger Breakfast Bap with Bacon, Cheddar and Spicy Tomato Sauce

Breakfast 25-30 Minutes • **Medium Spice**

8A

Find all your unchilled Market items in bag A.



Pork and Oregano Sausage Meat



Streaky Bacon



Mature Cheddar Cheese



Burger Bun



Sambal Paste

Pantry Items

Oil, Salt, Pepper, 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. Ingredients in **red** are hot!

Cooking tools

Baking tray, grater, frying pan, kitchen paper and bowl.

Ingredients

Ingredients	Quantity
Pork and Oregano Sausage Meat** 14	225g
Streaky Bacon**	4 rashers
Mature Cheddar Cheese** 7	40g
Burger Bun 13	2
Sambal Paste	15g

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)	3089 / 738	1019 / 244
Fat (g)	42.4	14.0
Sat. Fat (g)	17.5	5.8
Carbohydrate (g)	43.8	14.5
Sugars (g)	11.2	3.7
Protein (g)	39.9	13.2
Salt (g)	4.39	1.45

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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1



2



3



Bring on the Burgers and Bacon

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Roll the **sausage meat** into 2 even-sized balls, then shape into 1cm thick **burgers**. Season with **salt** and **pepper**. **TIP:** *The burgers will shrink a little during cooking.*

c) Pop the **burgers** and **bacon rashers** onto a baking tray. When the oven is hot, bake on the middle shelf until the **burgers** are cooked through and the **bacon** is golden, 12-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. The burgers are cooked when no longer pink in the middle. Cook bacon thoroughly.*

d) In the meantime, grate the **Cheddar cheese**.

Cheese Please

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

b) 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.*

c) In the meantime, halve the **burger buns**. Pop onto a baking tray and into the oven to warm through, 2-3 mins.

d) Once the **bacon** and **burgers** are cooked, transfer the **bacon** to a plate lined with kitchen paper. Place the **grated cheese** on top of the **burgers** and pop back into the oven until the **cheese** has melted, 2-3 mins.

Breakfast is Served

a) Meanwhile, in a small bowl, mix together the **sambal** (add less if you'd prefer things milder) and **tomato ketchup** (see pantry for amount). Spread the **spicy tomato sauce** over the **toasted burger buns**, then share the **buns** between 2 serving plates.

b) Lay **one sausage burger** on the **base** of each **bun**, then top with **2 bacon rashers** each.

c) Top with a **fried egg each**, then sandwich on the **bun lids** to finish.

Enjoy!