



# Big Breakfast Buffet | Halloumi, Sausage & Bacon with Smashed Avo, Garlic Mushrooms, Tomatoes and Ciabatta

**Breakfast** 30-35 Minutes • 2 of your 5 a day

10A

Find all your unchilled Market items in bag A.



Halloumi



Cumberland Sausages



Medium Tomato



Mixed Herbs



Garlic Clove



Sliced Mushrooms



Streaky Bacon



Ciabatta



Smashed Avocado

**Pantry Items**

Salt, Pepper, Oil, Butter, Egg, Honey

## Before you start

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

## Cooking tools

Bowl, baking tray, garlic press, frying pan and kitchen paper.

## Ingredients

Ingredients	Quantity
Halloumi** 7)	225g
Cumberland Sausages** 14)	4
Medium Tomato	2
Mixed Herbs	1 sachet
Garlic Clove**	2
Sliced Mushrooms**	120g
Streaky Bacon**	4 rashers
Ciabatta 13)	2
Smashed Avocado**	1 pot

Pantry	Quantity
Butter*	3 tsp
Honey*	1 tbsp
Egg*	2

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	647g 5118/1223	100g 791/189
Fat (g)	80.9	12.5
Sat. Fat (g)	33.0	5.1
Carbohydrate (g)	61.8	9.5
Sugars (g)	14.5	2.2
Protein (g)	62.6	9.7
Salt (g)	6.64	1.03

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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1



## Hello Halloumi

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

b) Drain the **halloumi**, then cut it into 6-8 slices.

c) Place into a small bowl of **cold water** and leave to soak.

2



## Cook the Sausages

a) While the **halloumi** soaks, pop the **Cumberland sausages** onto a baking tray.

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

3



## Fry the Mushrooms

a) Meanwhile, halve the **tomatoes**, then sprinkle the **mixed herbs** over the cut sides. Season with **salt** and **pepper**, then set aside for now.

b) Peel and grate the **garlic** (or use a garlic press).

c) Melt the **butter** (see pantry for amount) in a large frying pan on high heat. When hot, add the **sliced mushrooms**. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 4-5 mins.

d) Add the **garlic** to the pan and fry until fragrant, 1 min. Pop the **garlic mushrooms** into a serving bowl and cover to keep warm.

4



## Roast the Tomatoes and Bacon

a) When the **sausages** have been in the oven for 10 mins, remove the tray from the oven, then carefully place the **herby tomatoes** and **bacon** alongside the **sausages**. Drizzle the **tomatoes** with **oil**.

b) Return to the top shelf of your oven until the **tomatoes** are softened and the **bacon** is golden brown and crispy, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook **bacon** thoroughly.

5



## Fry the Halloumi and Eggs

a) Remove the **halloumi slices** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.

b) Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **halloumi** and fry until golden, 2-3 mins each side. Pop the **halloumi** onto your serving platter, drizzle with **honey** (see pantry for amount) and cover to keep warm.

c) Return the frying pan to medium-high heat and add a 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. Once cooked, transfer to a serving dish.

6



## Finish and Serve

a) While the **eggs** fry, halve your **ciabatta**, then pop them into the oven to warm through, 2-3 mins. Place onto a serving platter.

b) Pop your **smashed avocado** into a serving bowl.

c) Serve up your **garlic mushrooms**, **herby tomatoes**, **sausages**, **bacon** and **honeyed halloumi** on serving dishes.

d) Gather around the table to enjoy your **Big Breakfast Buffet!**

Enjoy!