

Big Breakfast Buffet | Halloumi, Sausage & Bacon

with Smashed Avo, Garlic Mushrooms, Tomatoes and Ciabatta

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









Halloumi

Cumberland Sausages







Medium Tomato

Mixed Herbs







Garlic Clove

Sliced Mushrooms







Streaky Bacon



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	

Quantity	
3 tsp	
1 tbsp	
2	

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	647g	100g
Energy (kJ/kcal)	5118/1223	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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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.



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.



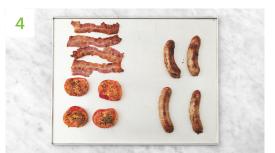
Fry the Mushrooms

- 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.



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 mediumhigh 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.



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.



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!