



# Sausage & Honey Bacon Breakfast Sub with Smoky Breakfast Potatoes

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

10A

Find all your unchilled Market items in bag A.



Potatoes



Smoked Paprika



British Honey Mustard Sausages



Medium Tomato



SlooOW Stone Oven White Baguette



British Streaky Bacon



Honey

**Pantry Items**

Oil, Salt, Pepper, Olive Oil, 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

Baking tray and frying pan.

## Ingredients

Ingredients	Quantity
Potatoes	450g
Smoked Paprika	1 sachet
British Honey Mustard Sausages** 9) 14)	4
Medium Tomato	2
SlooOW Stone Oven White Baguette 3) 11) 13)	1
British Streaky Bacon**	4 rashers
Honey	15g

Pantry	Quantity
Egg*	2
Tomato Ketchup*	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	576g	100g
Energy (kJ/kcal)	3274 /783	568 /136
Fat (g)	32.8	5.7
Sat. Fat (g)	11.6	2.0
Carbohydrate (g)	82.5	14.3
Sugars (g)	20.4	3.5
Protein (g)	37.3	6.5
Salt (g)	3.93	0.68

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

## Allergens

3) Sesame 9) Mustard 11) Soya 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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## Make the Breakfast Potatoes

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

b) Chop the **potatoes** into 1cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, sprinkle over the **smoked paprika** and season with **salt and pepper**.

c) Toss to coat, then spread out in a single layer.  
**TIP:** Use two baking trays if necessary.

d) When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Fry the Bacon

a) While everything roasts, heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) 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.

c) Once cooked, remove the pan from the heat and allow to cool slightly. Drizzle over the **honey**, then turn the **rashers** to fully coat them. Cover to keep warm.

**TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



## Bake the Sausages

a) While the **potatoes** roast, pop the **sausages** onto another baking tray.

b) Roast on the middle shelf of your oven until golden brown and cooked through, 20-25 mins.

c) Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.



## Absolutely Cracking

a) Return the (now empty) frying pan to medium-high heat and add a drizzle of **olive oil**.

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.

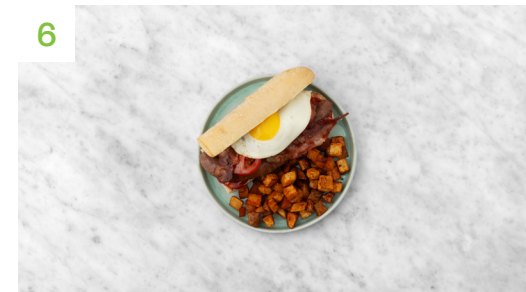


## Get Slicing

a) Meanwhile, slice the **tomatoes** into 1cm thick slices.

b) When the **sausages** have been in the oven for 10 mins, add the **baguette** to the **sausage** tray and bake until toasted and golden, 10-12 mins.

c) Once baked, leave the **baguette** to cool for 5 mins, then slice in half lengthways, then in half again widthways.



## Finish and Serve

a) Once the **sausages** are cooked, carefully halve them lengthways.

b) If you wish, spread some **ketchup** (see pantry for amount) onto the **base** of each **baguette half**. Top the **bases** with the **sausage halves**, **sliced tomato**, **honeyed bacon** and a **fried egg** each.

c) Sandwich on the **baguette lids** and share the **2 halves** between 2 plates. Serve the **smoky breakfast potatoes** alongside.

Enjoy!