













# Veggie Full English Buffet | THIS™ Isn't Sausages with Halloumi, Homemade Beans, Garlic Mushrooms, Tomatoes and Avo Toast

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

10A

Find all your unchilled Market items in bag A.



-  Halloumi
-  THIS™ Isn't Pork Sausages
-  Medium Tomato
-  Garlic Clove
-  Sliced Mushrooms
-  Sun-Dried Tomato Paste
-  Vegetable Stock Paste
-  Cannellini Beans
-  Ciabatta
-  Smashed Avocado

**Pantry Items**  
Oil, Salt, Pepper, Butter, Sugar, Honey, Egg



## 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, baking paper, garlic press, frying pan, saucepan, lid and kitchen paper.

## Ingredients

Ingredients	Quantity
Halloumi** 7)	225g
THIS™ Isn't Pork Sausages**	6
Medium Tomato	2
Garlic Clove**	4
Sliced Mushrooms**	180g
Sun-Dried Tomato Paste	25g
Vegetable Stock Paste 10)	10g
Cannellini Beans	1 carton
Ciabatta 13)	2
Smashed Avocado**	1 pot

Pantry	Quantity
Butter*	30g
Sugar*	½ tsp
Honey *	2
Egg*	2

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

## Nutrition

Typical Values for uncooked ingredient	Per 100g
Energy (kJ/kcal)	681/163
Fat (g)	9.7
Sat. Fat (g)	3.9
Carbohydrate (g)	9.6
Sugars (g)	2.8
Protein (g)	8.6
Salt (g)	1.00

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

## Allergens

7) Milk 10) Celery 13) Cereals containing gluten

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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## Bake the Sausages

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain the **halloumi**, then cut it into 6-8 slices. Place them into a small bowl of **cold water** and leave to soak.
- Pop the **THIS™ Isn't Pork Sausages** on a large, lined baking tray in a single layer and drizzle with **oil**. Season with **salt** and **pepper**.
- Bake on the middle shelf of the oven until golden brown, 15-18 mins. Turn halfway through cooking. **IMPORTANT:** *Ensure they're piping hot throughout.*



## Make the Beans

- Heat a drizzle of **oil** in a small saucepan on medium-high heat.
- Add the remaining **garlic**, **sun-dried tomato paste**, **vegetable stock paste** and the **sugar** (see pantry for amount) and cook for 1 min, then add the **cannellini beans** and all their **liquid** from the carton.
- Bring to a simmer, then turn down the heat to low and cover with a lid (or some foil) to keep warm until serving.



## Roast the Tomatoes

- Meanwhile, halve the **tomatoes**, then season with **salt** and **pepper**.
- When the **sausages** have 10-15 mins remaining in the oven, remove the **sausage** tray from the oven, then place the **tomatoes** alongside the **sausages**, cut-side up. Drizzle the **tomatoes** with **oil**.
- Return to the top shelf of your oven until the **tomatoes** are softened, 10-15 mins.



## Fry the Halloumi and Eggs

- Remove the **halloumi slices** from the **water**, pop them onto a plate lined with kitchen paper and pat them dry.
- Heat a drizzle of **oil** in the 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 plate, drizzle with **honey** (see pantry for amount) and cover to keep warm.
- Heat another drizzle of **olive oil** in the large frying pan on medium-high heat. 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.*



## Bring on the Garlic Mushrooms

- While the **sausages** and **tomatoes** roast, peel and grate the **garlic** (or use a garlic press).
- Heat the **butter** (see pantry for amount) in a large frying pan on high heat. When hot, add the **sliced mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 4-5 mins.
- Add **half** the **garlic** and fry until fragrant, 1 min. Transfer the **mushrooms** to a serving bowl and cover to keep warm.



## Finish and Serve

- Meanwhile, halve the **ciabatta**, then toast in your toaster until golden. If you're using the oven instead, pop them into the oven to warm through, 2-3 mins.
- Once toasted, divide the **smashed avocado** over **half** the **toasted ciabatta**, then cut the remaining **ciabatta** diagonally into **triangles**. Place both onto a serving platter.
- Serve your **honeyed halloumi**, **THIS™ Isn't pork sausages**, **garlic mushrooms**, **roasted tomatoes**, **fried eggs** and **homemade beans** in separate bowls. Arrange on your serving platter buffet style to finish.

Enjoy!