



# Full English Breakfast and Diced Potatoes

with Sausages, Bacon, Garlic Mushroom and Ciabatta

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

24A

Find all your unchilled Market items in bag A.



Unsalted Butter



Potatoes



British Cumberland Sausages



Garlic Clove



Portobello Mushrooms



Ciabatta



Medium Tomato



British Streaky Bacon

**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.

## Cooking tools

Baking tray, garlic press, bowl, frying pan and kitchen paper.

## Ingredients

Ingredients	Quantity
Unsalted Butter** 7)	20g
Potatoes	450g
British Cumberland Sausages** 14)	4
Garlic Clove**	1
Portobello Mushrooms**	2
Ciabatta 13)	1
Medium Tomato	1
British Streaky Bacon**	6 rashers

Pantry	Quantity
Egg*	2
Tomato Ketchup*	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	3972/949	616/147
Fat (g)	53.7	8.3
Sat. Fat (g)	21.2	3.3
Carbohydrate (g)	79.4	12.3
Sugars (g)	9.2	1.4
Protein (g)	40.5	6.3
Salt (g)	4.39	0.68

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 Bring on the Breakfast Potatoes

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **butter** from your fridge and leave to one side to soften.

**b)** Chop the **potatoes** into 1cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

**c)** When the oven is hot, roast on the top shelf until golden, 20-25 mins. Turn halfway through.



### 4 Fry the Bacon

**a)** While everything is in the oven, heat a drizzle of **oil** in a medium 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)** Transfer to a plate lined with kitchen paper and cover to keep warm.



### 2 Prep the Garlic Mushrooms

**a)** Meanwhile, pop the **sausages** onto a separate baking tray and 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 sausages. They're cooked when no longer pink in the middle.

**b)** While everything roasts, peel and grate the **garlic** (or use a garlic press).

**c)** Once the **butter** has softened slightly, pop into a small bowl with the **garlic**. Use a fork to mash the **garlic** into the **butter**. Season with **salt** and **pepper**.

**d)** Remove and discard the stems from the **portobello mushrooms**, lay them cut-side up, then top them evenly with the **garlic butter**.



### 5 Get Cracking

**a)** Return your (now empty) frying pan to medium-high heat and add another drizzle of **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.

**c)** Meanwhile, toast the **ciabatta halves** in your toaster until golden. If you don't have a toaster, add them to the **potato** baking tray, cut-side up, and bake on the top shelf until golden, 2-3 mins.



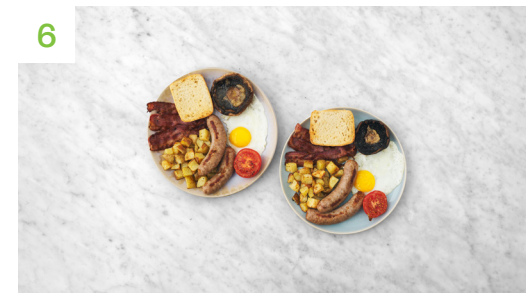
### 3 Roast the Veg

**a)** When the **sausages** have been in the oven for 5-7 mins, add the **garlic mushrooms** to the **sausage** tray, cut-side up. Return to the middle shelf and roast until the **mushrooms** have softened, 15-18 mins.

**b)** In the meantime, halve the **ciabatta** and halve the **tomato**.

**c)** After the **mushrooms** have been in the oven for 5 mins, add the **tomato halves**, cut-side up, to the **sausage** and **mushroom** baking tray. Drizzle the **tomato** with **oil** and season with **salt**, **pepper** and a **pinch of sugar**.

**d)** Return to the middle shelf and bake until the **tomato** is softened, 10-15 mins.



### 6 Brunch is Served

**a)** Share the **fried eggs**, **toasted ciabatta**, **bacon**, **sausages**, **breakfast potatoes**, **garlic mushroom** and **tomato** between your serving plates.

**b)** Serve with a dollop of **ketchup** (see pantry for amount) if you wish.

## Enjoy!