



# Indian Inspired Twist on the Full English Breakfast

with Mango Chutney Glazed Sausages and Naans

Brunch 25-30 Minutes • Mild Spice • 2 of your 5 a day

10A

Find all your unchilled Market items in bag A.



British Cumberland Sausages



Portobello Mushrooms



Garlic Clove



Coriander



Medium Tomato



British Streaky Bacon



Mango Chutney



Plain Naans



Curry Powder Mix

**Pantry Items**

Butter, Salt, Pepper, Olive Oil, Egg

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

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

## Ingredients

Ingredients	Quantity
British Cumberland Sausages** 14)	4
Portobello Mushrooms**	2
Garlic Clove**	4
Coriander**	1 bunch
Medium Tomato	2
British Streaky Bacon**	6 rashers
Mango Chutney	40g
Plain Naans 7) 13)	2
Curry Powder Mix	½ sachet

Pantry	Quantity
Butter*	60g
Egg*	2

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	588g 5215 /1246	100g 887 /212
Fat (g)	78.0	13.3
Sat. Fat (g)	32.0	5.4
Carbohydrate (g)	87.6	14.9
Sugars (g)	17.7	3.0
Protein (g)	45.6	7.8
Salt (g)	5.39	0.92

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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Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Cook the Sausages

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

**b)** Remove the **butter** (see pantry for amount) from the fridge to bring to room temperature.

**c)** Pop the **sausages** onto a lined baking tray and, when the oven is hot, bake on the top shelf until golden brown and cooked through, 20-25 mins. Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.



## Bake the Naan Breads

**a)** When the **mushrooms** have cooked for 8-10 mins, remove them from the oven, flip stem-side up, then divide **one third** of the **garlic butter** between the **mushrooms**. Return to the oven to finish cooking, a further 8-10 mins.

**b)** Meanwhile, spread the remaining **two thirds** of the **garlic butter** over your **naans**.

**c)** Place the **naans** on the **mushroom** baking tray and bake until golden, 5-7 mins.



## Prep the Mushrooms

**a)** Meanwhile, remove the **portobello stems** (leave the **mushrooms** whole). Put the **mushrooms** onto another large, lightly oiled baking tray, stem-side down, and season with **salt** and **pepper**. Bake on the middle shelf until softened, 8-10 mins.

**b)** While the **mushrooms** cook, peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Halve the **tomatoes**.

**c)** Pop the **butter** into a small bowl, then stir in the **garlic** and **half** the **coriander**. Season with **salt** and **pepper**.



## Fry the Eggs

**a)** In the meantime, heat a drizzle of **olive oil** in a large frying pan on medium-high heat. Once hot, add **half** the **curry powder mix** and fry until it begins to froth, 1 min. **TIP:** Keep the remaining **curry powder mix** for another recipe.

**b)** 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.



## Cook the Bacon and Tomatoes

**a)** When the **sausages** have 15 mins remaining, remove the tray from the oven, then carefully place the **tomatoes** and **bacon** alongside the **sausages**.

**TIP:** Use 2 trays if necessary.

**b)** Drizzle the **tomatoes** with **oil**, season with **salt** and **pepper**, then drizzle over **half** the **mango chutney**.

**c)** Return to the middle 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)** When the **sausages** have 5 mins remaining, drizzle the remaining **mango chutney** over them and return to the oven for the remaining 5 mins.

**b)** Plate up your **mango chutney glazed sausages**, **bacon**, **tomato**, **garlic mushrooms**, **buttery naans** and **eggs**.

**c)** Sprinkle the remaining **coriander** over the **sausages** and **naan bread** to finish.

## Enjoy!