















Big Brunch Buffet | Halloumi, Sausages, Bacon & Homemade Beans with Smashed Avo, Garlic Mushrooms, Tomatoes & Ciabatta

10A

Find all your unchilled Market items in bag A.

Festive Flavours 30-35 Minutes • 2 of your 5 a day



-  Halloumi
-  British Cumberland Sausages
-  Medium Tomato
-  Garlic Clove
-  Sliced Mushrooms
-  Tomato Puree
-  Butter Beans
-  Vegetable Stock Paste
-  British Streaky Bacon
-  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, garlic press, frying pan, saucepan, lid and kitchen paper.

Ingredients

| Ingredients | Quantity |
|--|-----------|
| Halloumi** 7) | 225g |
| British Cumberland Sausages** 14) | 4 |
| Medium Tomato | 2 |
| Garlic Clove** | 3 |
| Sliced Mushrooms** | 120g |
| Tomato Puree | 30g |
| Butter Beans | 1 carton |
| Vegetable Stock Paste | 10g |
| British Streaky Bacon** | 4 rashers |
| Ciabatta 13) | 2 |
| Smashed Avocado** | 1 pot |
| Pantry | Quantity |
| Butter* | 3 tsp |
| Sugar* | 1 tsp |
| Honey* | 1 tbsp |
| Egg* | 4 |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|--------------------|------------------|
| Energy (kJ/kcal) | 830g 5965 /1426 | 100g 719 /172 |
| Fat (g) | 87.4 | 10.5 |
| Sat. Fat (g) | 34.7 | 4.2 |
| Carbohydrate (g) | 78.4 | 9.5 |
| Sugars (g) | 20.0 | 2.4 |
| Protein (g) | 78.1 | 9.4 |
| Salt (g) | 8.68 | 1.05 |

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. Place into a small bowl of **cold water** and leave to soak.

c) While the **halloumi** soaks, pop the **Cumberland sausages** onto a baking tray.

d) When the oven is hot, bake the **sausages** 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.*



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 **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.*

c) In the meantime, remove the **halloumi slices** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.



Fry the Mushrooms

a) Meanwhile, halve the **tomatoes**. 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 **two thirds** of 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) Heat a drizzle of **oil** in a large 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 platter, drizzle with **honey** (see pantry for amount) and cover to keep warm.

b) Return the frying pan to medium-high heat and add a drizzle of **oil**. Once hot, crack in each **egg** (see pantry - 1 egg per person) 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.



Make the Beans

a) Heat a medium saucepan on medium-high heat with a drizzle of **oil**.

b) Once hot, add the remaining **garlic**, **tomato puree** and the **sugar** (see pantry for amount) and cook for 1 min.

c) Add the **butter beans**, all their **liquid** from the carton and the **vegetable stock paste**.

d) Bring to a simmer, then turn down the heat to low.

e) Cover with a lid (or some foil) to keep warm until you're ready to serve.



Serve Up a Festive Treat

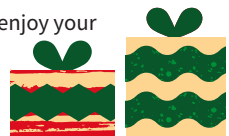
a) While the **eggs** fry, halve your **ciabatta**, then pop them into the oven to warm through, 2-3 mins. Butter the **toasted ciabatta** if you wish, then place onto a serving platter.

b) Pop your **smashed avocado** and **homemade beans** into separate bowls.

c) Serve up your **garlic mushrooms**, **tomatoes**, **sausages**, **bacon** and **honeyed halloumi** on serving dishes.

d) Gather around the table to enjoy your **Big Brunch Buffet!**

Enjoy!



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