



Full English Breakfast

with Sausages, Bacon and Garlic Butter Mushrooms

Brunch 30-35 Minutes • 1 of your 5 a day

3A



Unsalted Butter



Garlic Clove



Flat Leaf Parsley



Honey Mustard Sausages



Portobello Mushroom



Ciabatta



Medium Tomato



Streaky Bacon

Pantry Items
Salt, Pepper, Oil, Sugar, 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

Garlic press, bowl, baking tray, baking paper and frying pan.

Ingredients

Ingredients	Quantity
Unsalted Butter** 7)	20g
Garlic Clove**	1
Flat Leaf Parsley**	1 bunch
Honey Mustard	4
Sausages** 9) 14)	
Portobello Mushroom**	2
Ciabatta 13)	1
Medium Tomato	1
Streaky Bacon**	4 rashers

Pantry	Quantity
Egg	2
Tomato Ketchup	2 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	420g	100g
Energy (kJ/kcal)	2854 /682	680 /163
Fat (g)	41.1	9.8
Sat. Fat (g)	17.1	4.1
Carbohydrate (g)	39.1	9.3
Sugars (g)	11.2	2.7
Protein (g)	34.8	8.3
Salt (g)	4.08	0.97

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

Allergens

7) Milk 9) Mustard 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, milk, egg, mustard, celery, soya, 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.

Contact

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

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Make the Garlic Butter

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.

Peel and grate the **garlic** (or use a garlic press).
Finely chop the **parsley** (stalks and all).

Once the **butter** has softened slightly, pop into a small bowl, then add the **garlic** and **parsley**. Use a fork to mash the **garlic** and **parsley** into the **butter**. Season with **salt** and **pepper**, then set aside for later.



Fry the Bread

Whilst everything is in the oven, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, lay in the **ciabatta halves**, cut-side down, and cook until golden, 2-3 mins each side.

Once cooked, transfer to your plates and cover to keep warm. Keep the pan for the next step.



Bring on the Sausages

Pop the **sausages** onto a baking tray. When the oven is hot, bake on the middle shelf until the **sausages** are 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.

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

When the **sausages** have been in the oven for 5-7 mins, remove the tray and add the **mushrooms**. Return to the oven and roast until the **mushrooms** have softened, 15-18 mins.



Get Cracking

Return your pan to medium-high heat and add another drizzle of **oil**.

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.



Bake the Bacon

Meanwhile, halve the **ciabatta** and halve the **tomato**.

Lay the **bacon** in a single layer onto a lined baking tray, then add the **tomato** to the same tray, cut-side up. Drizzle the **tomato** with **oil** and season with **salt**, **pepper** and a pinch of **sugar**.

Once the **sausages** have been in the oven for 10-15 mins, add the **tomato** and **bacon** tray to the top shelf and bake until the **tomato** is 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.



Brunch is Served

Serve the **fried eggs** on your **ciabatta halves** with the **bacon**, **sausages**, **mushroom** and **tomato** alongside.

Add a dollop of **ketchup** (see pantry for amount) if you wish.

Enjoy!