

Full English Breakfast



Serves: 1

Profitability:

Steps:

Heat a frying pan over a low heat and brush sparingly with light olive oil

Cook the sausages first, turning every few minutes and place in the oven on a low heat once cooked

Fry the bacon for 2-4 minutes on each side or until your preferred crispiness is reached. Like the sausages, the cooked bacon can be kept hot on a plate in the oven

For the mushrooms, wash away any dirt and trim the stalk. Place stalk-side up on the grill plate and cook for 1-2 minutes before turning and cooking for a further 3-4 minutes. Avoid moving the mushrooms too much while cooking, as this releases the natural juices

Half the tomatoes and fry flat side down

Cut the haggis into slices and fry until crispy

For the eggs, break the egg and fry. Spoon the hot oil over the egg to finish

Once all the ingredients are cooked, serve on warm plates and enjoy straight away with a good squeeze of tomato ketchup or brown sauce

Ingredients:

2 rashers of bacon

2 sausages

1 egg

1 tomato

Mushrooms

Haggis

Toast