

Sausage & Tomato Breakfast Frittata



Serves: 4

Profitability:

Steps:

Boil the potatoes for 6-8 minutes or until tender, drain and slice

Heat oil in frying pan and fry potatoes and sausages for 2 minutes

Beat the eggs with the beans, parsley and season. Add the tomatoes to the pan and pour over the egg mixture and cook for 6-7 minutes

Place under a preheated grill for 3-4 minutes until golden and cooked through

Rest for a few minutes before serving

Ingredients:

New potatoes 125g

Rapeseed oil 1 tbsp

Cumberland sausages 4 cooked and sliced

Eggs 6 medium, beaten

Reduced sugar and salt baked beans 200g

Parsley 2 tbsp chopped

Cherry tomatoes 150g halved