HOT & BOLD

Vegetarian Full English Breakfast

PREP	COOK	SERVES
15 min	25 min	2

Vegetarian

Fried eggs, vegetarian sausages, mushrooms, grilled tomatoes, baked beans and toast: the whole fry-up without the meat.

Ingredients

- 4 vegetarian sausages
- 2 large flat mushrooms
- 2 tomatoes, halved
- 4 eggs
- 1 tin (400 g) baked beans
- 4 slices of bread, toasted
- 2 tbsp butter
- 1 tbsp oil
- Salt and black pepper
- Brown sauce, to serve

Method

1. Heat the oven to 100 C to keep the finished parts warm.
2. Fry the sausages in the oil over medium heat for 10 to 12 minutes until browned, then move to the oven.
3. Season the mushrooms and tomatoes. Fry the mushrooms in a little butter for 4 to 5 minutes per side and the tomatoes cut-side down for 3 minutes. Keep warm.
4. Warm the beans in a small pan.
5. Fry the eggs in butter to your liking.
6. Serve everything together with buttered toast and brown sauce.

Cook's tip

Time it like a professional: start with the parts that take longest and finish with the eggs. Cook them last so the yolks stay runny.