HELLO FRESH

Baking Tray Full English

Brunch 40 Minutes • 1 of your 5 a day

Butter

Garlic Clove

Flat Leaf Parsley

Portobello Mushroom

Honey Mustard Sausages

Ciabatta

Medium Tomato

Streaky Bacon

Ketchup

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Bowl, Baking Tray, Frying Pan.

Ingredients

	Quantity
Butter **7)****	20g
Garlic Clove**	1
Flat Leaf Parsley**	1 bunch
Portobello Mushroom**	2
Honey Mustard Sausages **9) 14)****	4
Ciabatta **11) 13)**	1
Medium Tomato	1
Streaky Bacon**	4 rashers
Egg*	2
Ketchup **10)**	1 sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	**410g**	**100g**
Energy (kJ/kcal)	2928 /700	715 /171
Fat (g)	42	10
Sat. Fat (g)	17	4
Carbohydrate (g)	40	10
Sugars (g)	13	3
Protein (g)	36	9
Salt (g)	4.09	1.00

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 10) Celery 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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1

Prep the Mushrooms

Preheat your oven to 200ºC and remove your **butter** from the fridge. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Pop the **butter** on a board and mash with a fork until softened, pop into a bowl and add the **garlic** and **parsley**. Season with **salt** and **pepper** and mash again to mix together. Remove and discard the stems from the **mushrooms** and pop them on a large, lightly oiled baking tray, cup-side up.

2

Roast

Divide the **garlic butter** between the insides of the **mushrooms**. Pop the **sausages** onto the same baking tray. When hot, roast the **mushrooms** and **sausages** on the top shelf of your oven for 15-17 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*

3

Finish the Prep

Meanwhile, halve the **ciabattas** and halve the **tomatoes**. Once the **sausages** and **mushrooms** have been cooking for 15 mins, remove from your oven. Turn the **sausages** and add the **tomato** halves to the tray, cut-side up. Lay the **bacon** in a single layer on one end of your baking tray (use another tray if you need to). Drizzle the **tomato** halves with **oil** and season with **salt**, **pepper** and a pinch of **sugar**. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*

4

Finish Roasting

Bake everything on the top shelf of your oven until the **meat** is golden brown and cooked through and the **veg** is tender, 10-15 mins. **IMPORTANT:** *Cook bacon thoroughly. The sausages are cooked when no longer pink in the middle.*

5

Fry the Bread and Eggs

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, lay in the **ciabatta** pieces, cut-side down and cook until golden, 2-3 mins each side. Remove to plates and pop your pan back on medium-high heat. Add a drizzle of **oil**. Once hot, crack in each **egg** (1 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.

6

Serve

Serve the **eggs** on your **ciabatta** pieces with the **bacon**, **sausages**, **mushroom** and **tomato** alongside. Add a dollop of **ketchup**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.