



Sausage & Bacon Breakfast Sandwich with Breakfast Potatoes

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

3A



Potatoes



Smoked Paprika



Caramelised
Onion Sausages



Medium
Tomato



Mini
Sourdough Cob



Streaky
Bacon



Honey

Pantry Items
Tomato Ketchup

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray and frying pan.

Ingredients

	2P
Potatoes**	450g
Smoked Paprika	1 sachet
Caramelised Onion	
Sausages** 14)	4
Medium Tomato	2
Mini Sourdough Cob 13)	1
Streaky Bacon**	4 rashers
Honey	1 sachet
Tomato Ketchup*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	568g	100g
Energy (kJ/kcal)	3348 / 800	589 / 141
Fat (g)	24.6	4.3
Sat. Fat (g)	9.0	1.6
Carbohydrate (g)	103.9	18.3
Sugars (g)	17.8	3.1
Protein (g)	35.7	6.3
Salt (g)	4.03	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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1



Make the Breakfast Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into small 1cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, sprinkle over the **smoked paprika** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 25-35 mins. Turn halfway through.

4



Fry the Bacon

Heat a drizzle of **oil** in a large frying pan on a medium-high heat.

Once hot, lay in the **bacon rashers** and fry until crispy and brown, 3-4 mins on each side.

IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

Once the **bacon** has cooked, remove from the heat and allow the pan cool slightly. Pour in the **honey**, then turn the **rashers** to coat and glaze them.

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

2



Bake the Sausages

White the **potatoes** roast, pop the **sausages** onto another baking tray and roast on the middle shelf of your oven until golden brown and cooked through, 20-25 mins. Turn halfway through.

IMPORTANT: Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.

5



Time for Toast

When the **sausages** have 5 mins left, pop the **sourdough slices** into your toaster to toast to your liking.

Alternatively, pop into the oven until golden and crisp, 2-3 mins.

3



Prep Time

Meanwhile, cut the **tomatoes** into 1cm thick slices.

Cut 2 **slices** per person from the **sourdough cob**.

TIP: Cut from the middle to get the biggest slices.

6



Finish and Serve

Once the **sausages** are cooked, carefully halve them lengthways.

To make your **breakfast sandwich**, spread the **ketchup** (see ingredients for amount) on each **slice** of **sourdough toast**. Top one **slice** with the **sausage halves**, **sliced tomato** and **honey bacon**, then sandwich shut with another **slice**.

Serve the **breakfast potatoes** alongside.

Enjoy!