

OT Cooked Breakfast

 1 serving 313 Kcal / serving

Ingredients

- 1 - Egg
- 1 (40g) - Lean bacon medallion
- 1 - Tomato, halved
- 1 teaspoon (5g) - Rapeseed or olive oil
- 75g - Mushrooms, halved or sliced
- 1 - Slice brown soda bread (such as McCambridge)
- 1 (5g) - Teaspoon softened butter
- Freshly ground black pepper



The Method

Preheat the grill to medium and place the bacon medallion and tomato halves on the grill pan. Season the tomato with pepper and grill for 3-4 minutes, turning the bacon once until cooked through.

Heat a non-stick frying pan over a medium heat and add the oil. Break in the egg and cook for 2-3 minutes or until the egg is cooked to your liking. Transfer to a plate and keep warm.

Add the mushrooms to the same frying pan and saute for 2-3 minutes until cooked through and tender – there should be enough oil left to cook them.

Arrange the mushrooms, tomatoes and rasher on the plate with the egg. Season with pepper and add the bread spread with the butter to serve.

 Suitable for vegetarians if you use plant-based alternative to bacon