



Breakfast Tray Bake

Prep time: 15 Minutes Cook time: 50 Minutes Serves 4

This simple but super tasty recipe can be eaten at any time of the day! All your favourites can be added!

Ingredients:

800g of large potatoes
4 sausages, sliced into half to make 8
16 cherry tomatoes, halved
8 mushrooms, chopped
Can of baked beans
30g grated cheese
Salt and pepper
Low calorie cooking spray



Method:

1. Place the potatoes in the microwave and cook on high for 4 minutes. Then set aside to cool.
2. Preheat the oven to 200°C.
3. Grate the potatoes into a bowl and season with salt.
4. Add grated potato to an extra-large baking tray lined with baking paper and spread out a thin layer.
5. Add to the oven and cook for 20 minutes.
6. Remove tray from the oven and make space for the sausages spacing them out evenly.
7. Add the mushrooms and tomatoes.
8. Spray over the top with the low-calorie cooking spray.
9. Place back in the oven for another 15 minutes until the sausages are almost cooked.
10. Remove the tray from the oven again, make 4 spaces for the eggs and crack them into the space.
11. Spoon the beans roughly onto the tray and scatter the grated cheese across the tray.
12. Place back in the oven for a further 10 minutes (this will allow for a soft egg, if you want any harder cook for longer).
13. Sprinkle with salt and pepper the serve and enjoy!

Helpful tips:

- This dish can be personalised to you and what you enjoy. Instead of sausages, vegetarian sausages or bacon could be used. Black pudding could be added also.
- This could be served with a splash of your favourite sauce