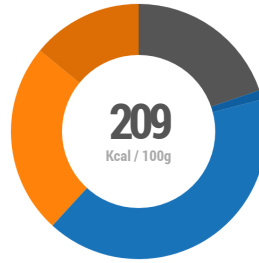


Sausage, Bacon, Egg & Cheese Breakfast Flatbread

Breakfast Flatbread with Omelette, Bacon, Sausage, Cheese & Tomato

OVERVIEW ...



CALORIES:

42% Carbs

19.7% Protein

38.2% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT



EGGS



MILK

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

30932 La Boulangerie Fully Baked Folded Flatbreads..

FLATBREADS

BRAKES 113g

1 x Each

N/A

151243 Ovoid Free Range Mini Round Omelette.. - BRAKES

151243 FREE RANGE MINI ROUND OMELETTE

BRAKES 50g

1 x Each

unchanged

3559 Brakes Cooked Pork Sausage Eights..

SAUSAGE

BRAKES 49g

1 x Each

unchanged

70071 Brakes Rindless Back Bacon..

BACON

BRAKES 45g



Baked or roast...

450672 Tomatoes MM (19 Oct 2023)..

TOMATOES

BRAKES 30g

unchanged

71256 Brakes Mild White Cheddar Cheese Slices..

CHEDDAR

BRAKES 20g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 307g / 647kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the flatbread
Defrost the sausages
Defrost the omelette
Slice the tomato

Method:

1. Pre-heat the oven to 180°C
2. Place the bacon on a baking tray lined with parchment & put into the oven - cook for about 3 mins or until crispy
3. Put the sausage into a microwave and cook for 2 mins on high power or until core temperature is reached
4. Put the omelette into a microwave and cook for 45 sec on high power or until core temperature is reached
5. Place the flatbread onto a baking sheet, open up and lay the cheese slice on top, put in the oven until the cheese melts
6. Now put the flatbread onto your chosen dish & layer up with the omelette, sausage, bacon & tomato - serve!