

# Vegetarian 'Best of British' Breakfast

Two Quorn sausages served with flat mushrooms, mini rosti potato bites, baked beans, sunblazed tomatoes and a poached egg

Overview ...



**136**  
Kcal / 100

CALORIES:

**32.7% Carbs**

**19.7% Protein**

**47.7% Fat**

Food Labelling...

Serves **1**

#### CONTAINS:



WHEAT



EGGS

#### MAY CONTAIN:



OATS, BARLEY,  
RYE



MILK

#### OTHER PROPERTIES:



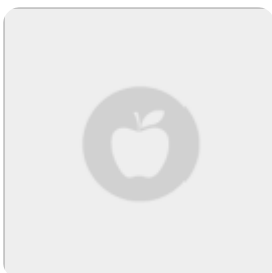
VEGETARIAN

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
111699 Quorn Vegan Best of British Sausage.. - BRAKES	<b>100</b>	2 Sausages
149080 - 149080 Great British Egg Co Free Range Poached Eggs.. - BRAKES	<b>60</b>	1 x Each
74705 SunBlaze Tomatoes.. - BRAKES	<b>35</b>	
28758 Brakes Reduced Salt & Sugar Baked Beans in Tomato Sauce (24 May 2023)..	<b>80</b>	
450109 Large Flat Mushrooms (19 Oct 2023)..	<b>60</b>	
111620 Mini Rosti Potato Bites.. - BRAKES	<b>100</b>	
87468 Brakes Non-Stick Fry, Cook & Bake Spray.. - BRAKES	<b>5</b>	

Products / Pack Sizes ...

**1 Serving**



**Product code**

**Barcode**

440 / 624kcal

# 1

### **Preparation:**

Defrost the sausages

Trim & clean the mushrooms

### **Method:**

1. Pre-heat the oven to 180°C
2. Place the sausage, mushrooms and rosti bites onto a baking sheet lined with parchment, and lightly spray with the oil
3. Cook in the oven as per the pack instructions until core temperature is reached
4. Meanwhile put the baked beans and tomatoes into a microwave. Cook for approx. 45 secs on high power
5. Next add the poached egg to the microwave and cook as per pack instructions
6. Plate up all ingredients onto your chosen dish and serve!