

# Breakfast

## RECIPE CARD

### Fry-up Frittata (serves 4)

#### RECIPE NAME

Breakfast

#### MEAL TIME

5 minutes

#### PREP TIME

30 minutes

#### TIME TO COOK

This can easily be used as a late breakfast or brunch when

#### NOTES

268 kcal  
per serving

#### CALORIES

#### INGREDIENTS

- ★ 2 low-fat sausages, *sliced*
- ★ 4 rashers extra lean bacon, *all fat removed, chopped*
- ★ 150g pack button mushroom, *halved.*
- ★ 8 egg whites
- ★ 3 tbsp milk
- ★ 140g cherry tomato, *halved*
- ★ 2 x 400g cans reduced salt and sugar baked beans
- ★ 1 ½ tsp smoked paprika
- ★ A small bunch chives, *snipped*

#### METHOD



Line a roasting tin with enough baking paper to cover the base and the sides.



Fry the sausages and the bacon in a non-stick pan until golden. Scoop into the tin.



Place the pan back on the heat and fry the mushrooms for about 5 minutes until cooked before adding these to the tray, also.



Whisk the egg whites with the milk and lots of seasoning. Pour into the tin, then dot the tomatoes on top. Bake in the oven for 20-25 minutes, until set.



Meanwhile, tip the beans into a pan with the paprika and heat through. Scatter the frittata with the chives and serve with the beans on the side.