

# Breakfast

## RECIPE CARD

### Big Breakfast Omelette (serves 6)

#### RECIPE NAME

Breakfast

#### MEAL TIME

5 minutes

#### PREP TIME

20 minutes

#### TIME TO COOK

Check the calories of your favourite sausages first to see if they fit into your goal calorie intake for the day.

#### NOTES

260kcal  
per serving

#### CALORIES

#### INGREDIENTS

- ★ 6 beaten Eggs
- ★ 6 of your favourite Low-Calorie Sausages
- ★ 2 rashers of Bacon with all visible fat removed
- ★ 250g Chestnut Mushrooms
- ★ 200g halved Cherry Tomatoes
- ★ Low-Calorie Cooking Spray
- ★ Salt and Pepper to taste

#### METHOD

-  Heat a pan, adding the sausages and the bacon, both cut up into smaller chunks.
-  Fry for about 10 minutes or until crisp and browned.
-  Add the mushrooms and the tomatoes, cooking for a further 5 minutes
-  Preheat the grill
-  Shuffle everything around so that there's a little bit of each ingredient in every bite, season generously.
-  Pour over the eggs, turn down the heat and allow the omelette to sit and cook until the base is cooked through (*about 5 - 10 minutes*)
-  Remove from the heat and pop under the grill to finish cooking the top (*about 5 minutes*)