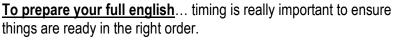
A Healthier Full English

It's fair to say that a lot of fry-ups aren't necessarily healthy, but if you remove the fat from the bacon, use high-meat-content sausages, poach your eggs and leave out buttering your toast, you'll be amazed how healthy they are.

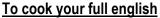
Ingredients... Serves 1

- 1 ripe tomato
- 1 field mushroom
- 2 rashers back bacon
- 1 good-quality sausage
- 100g baked beans
- 1 slices of wholemeal bread
- 1 large eggs



Get yourself ready to cook and get yourself a grill tray with a wire rack

• Preheat your grill to high • Halve your tomato • Trim the stalk from the mushroom • On a red chopping board, remove the fat from the bacon • Score the sausages lengthways and open them out so they're flat – this way, they'll cook at the same time as everything else and also it will help to cook the fat out • Put the tomatoes, mushroom and sausage on the grill rack, with the tomato cut side up and the mushroom stalk side up • Sprinkle a little salt and pepper over the tomato and mushroom • Very lightly rub them with a little oil – you don't need much. Place a plate to warm in the grill space.



Place the tomato, mushroom and sausage under the hot grill for 5 minutes and put a pan of water on to boil • After 5 minutes, add the bacon to the grill pan and turn the sausage over • Put back under the grill and cook for a further 4 to 5 minutes (depending on the speed of your grill), until the bacon is golden and crispy • Meanwhile, put the beans into a small pan over a medium heat to warm through • Pop your slices of bread under the grill to toast, turning after 1 minute• Turn boiling water down to a bare simmer. Crack the egg into the pan of barely simmering water and poach for 2 to 3 minutes • Once the eggs are done to your liking, remove them from the pan with your slotted spoon and drain them on kitchen paper

To serve your full english

Arrange neatly on your plate, leaving the edges of the plate clean and clear of food.

<u>Photo</u>			

