

## 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



**To prepare your full english**... timing is really important to ensure things are ready in the right order.

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.

### **To cook your full english**

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.

**Photo**

