

Low-Carb Full English

The weekend fry-up, minus the toast, beans and hash browns. You won't miss them.

Serves 2

Prep 5 min

Cook 20 min

7g
CARBS
PER SERVING

Everything in the list. Add a slice of toast and it's about 17g more.

You'll need

- ☐ 4 sausages, 90% meat or more (about 230g)
- ☐ 4 rashers of bacon
- ☐ 4 eggs
- ☐ 150g mushrooms, halved
- ☐ 2 tomatoes (about 170g), halved
- ☐ 1 tbsp butter (about 15g) or a little olive oil
- ☐ Salt and pepper, to taste

Method

- 1** Put the sausages in a large frying pan on a medium heat with no oil. Cook for about 15 minutes, turning often, until browned all over.
- 2** After 5 minutes, add the bacon to the pan and cook for 3 to 4 minutes each side until crisp.
- 3** Push everything to one side. Add the mushrooms and tomatoes, cut side down, and cook for 5 minutes, turning the mushrooms once.
- 4** Check the sausages are cooked through (see Food safety below), then put everything on warm plates.
- 5** Wipe the pan, melt the butter on a medium heat and fry the eggs for 2 to 3 minutes, until the whites are set.
- 6** Season the eggs and tomatoes and serve straight away.

TIP

Keep the cooked bits warm on a plate in a low oven while you fry the eggs.

SWAPS

- Scrambled or poached eggs instead of fried.
- Add a handful of spinach wilted in the pan at the end.

STORING IT

Best eaten straight away. Leftover sausages and bacon keep in the fridge for up to 2 days.

AIR FRYER

Cook the sausages at 180°C for 6 minutes, add the bacon, mushrooms and tomatoes and cook for 6 to 8 minutes more, until the sausages are cooked through. Fry the eggs in a pan.

FOOD SAFETY

Mince, burgers and sausages must be cooked all the way through. No pink in the middle, juices clear and steam rising when you cut one open. Burgers shouldn't be served pink at home.