



# Country Breakfast



**Servings:** 4  
**Total Time:** 45 mins  
**Cooking Time:** 30 mins



## METHOD

In a frying pan, fry 4 slices of bacon on both sides in the olive oil & butter. Remove from pan and keep warm.

## INGREDIENTS

- 250g back bacon
- 1 tsp light olive oil or coconut oil
- 1 tsp butter
  
- 3 large tomatoes, cut into chunks
- 400g tin peeled & diced Italian tomatoes with juice
- 1 tsp barbeque spice
- 1 tsp tomato paste
- 1 tsp paprika paste (or ½ tsp powder)
- 1 tsp Worcester sauce
- 80g Cheddar cheese, grated
  
- 4 pork sausages
- 4 Tbsp water
- ½ tsp light olive oil or coconut oil
- ½ tsp butter
- ½ tsp barbeque spice
  
- 6 large eggs
- 1 Tbsp water
- 2 Tbsp freshly chopped parsley
- 1 tsp light olive oil or coconut oil
- 1 tsp butter
  
- 4 slices of toast, buttered

Quarter the remaining bacon slices & fry in the same pan until cooked. Add the tomato chunks & fry for 2 mins. Sprinkle with the barbeque spice, mix in the tomato & paprika pastes, & cook for a further 1 min. Add the tin of tomatoes with the juices and the Worcester sauce and simmer with the pan uncovered for 10 mins until thickened.

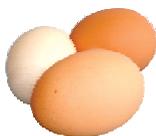
Place the sausages and water in saucepan and boil until firm (about 5-10 mins).

Remove from heat, drain off any water, add the olive oil & butter, sprinkle with barbeque spice and shake the pan with the lid on to coat all over. Return to a medium heat and gently fry the sausages, turning regularly, until browned on all sides. Cover to keep warm.

Prepare the toast and keep warm.

Whisk the eggs with the water and add the parsley. Melt the butter in a small frying pan and add the egg mixture. Gently fry while continually folding the egg until cooked but still soft and slightly wet.

On each plate, spoon the tomato mixture onto a half a slice of toast and sprinkle with cheese. Lay a slice of bacon on the other half of the toast and top with scrambled egg. Add 2 sausages to each plate and serve.



Use Banting Buttermilk Seed Loaf\* for toast.



