



Pan-cooked breakfast

A great British classic made easy.

Serves 2 to 4

olive oil

4 chipolatas or sausages

4 rashers of bacon, either dry cure or streaky

4 slices of black pudding

4 medium sized field mushrooms

2 tomatoes, halved

4 large organic eggs

sea salt and freshly ground black pepper

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PROFESSIONAL SERIES

by **TEFAL**

Preheat your grill.

Heat your TEFAL "Sunny Side Up" pan until nice and hot and add a splash of oil and the sausages. Fry gently until brown on all sides before adding the bacon, black pudding, tomatoes and mushrooms. Toss around and then place the whole pan under the grill and grill until everything looks nice and crispy.

Using an oven glove, remove the pan back to the hob, and crack 4 eggs in and around all the cooked food in the pan. Place the pan back under the grill and cook until the eggs are done to your liking. They will hold everything together in one piece.

Slide the pan-cooked breakfast out of the pan on to a large plate, season with salt and pepper and tuck in. Great served with lots of buttered toast, brown sauce and tomato ketchup.