

All-day Breakfast

This classic English dish is a firm favourite for many and is great on special occasions or at weekends. This recipe is a healthier version, which means it can be enjoyed more often.



Barley (gluten), egg, soya and wheat (gluten)*

Nutritional information per portion (344g):

Energy	Fat	Saturates	Sugars	Salt
1100kJ 262kcal 13%	7.3g 10%	2.8g 14%	6g 7%	1.5g 25%

of an adult's reference intake.
Typical values per 100g: energy 320kJ/76kcal.

Equipment

Kettle
Can opener
Small saucepan
Cup x 4
Kitchen towel
Sharp knife
Chopping board
Grill pan
Large saucepan
Measuring spoons
Slotted spoon
Pan stand x 2
Toaster (optional)
Tongs
Oven gloves

Ingredients

Serves 4
1 x 400g can reduced salt and sugar baked beans
4 eggs
4 Portobello OR large flat mushrooms
4 tomatoes
1 x 15ml spoon white wine OR malt vinegar
4 slices wholemeal bread
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- The vinegar helps the white of the egg set quickly and the swirling water helps to keep the white in a good shape around the yoke.
- Warm the serving plates for 2-3 minutes in an oven before adding the hot food to keep everything warm while you assemble the dish.

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Method

1. Preheat the grill to a high heat, and open the can of baked beans, emptying them into the small saucepan.
2. Break each of the eggs into separate cups.
3. Wipe the mushrooms with a clean piece of damp kitchen towel, to remove any dirt, and trim the stalks carefully, using the sharp knife. Wash the tomatoes and slice them in half. Place the mushrooms and tomatoes on the grill pan (flat side up) and heat under the grill for 5–10 minutes or until the mushrooms are tender and the tomatoes begin to turn brown.
4. Meanwhile, half-fill the large saucepan with boiling water and bring it back to the boil. Add the vinegar to the water and using the spoon, stir the water in a circular motion to create a whirlpool. Gently slide the eggs into the centre, one at a time, then reduce the heat to a low simmer. Poach for 1½ minutes if the eggs were at room temperature, or 2 minutes if straight from the fridge. The whites will be set but the yolks should still be runny in the middle.
5. As the eggs, mushrooms and tomatoes are cooking, heat the baked beans over a medium heat for 3–4 minutes, stirring regularly, and toast the bread in the toaster. Alternatively, use the grill to toast the bread.
6. Using the slotted spoon, remove the eggs from the water and rest the spoon on some folded kitchen towel to absorb excess water. Place each egg gently onto a serving plate. Carefully remove the mushrooms and tomatoes from the grill using the tongs and the beans from the heat, then arrange them on the serving dishes, adding black pepper to taste (if using).
7. Slice the toast in half diagonally and arrange with the other ingredients. Serve immediately.

Something to try next time

- For a meat version, just add 4 rashers of bacon. Simply grill the bacon with the tomatoes and mushrooms, turning after 2–3 minutes.
- There are many ways to serve eggs in a healthy, low-fat way. Next time why not try scrambling eggs with a little milk and black pepper? They can be cooked over a medium heat on the hob or in the microwave for just a few minutes. See the recipe for Scrumptious Scrambled Eggs on our website.

Prepare now, eat later

- The All-day Breakfast is best eaten immediately.

Skills used include:

Measuring, chopping, boiling/simmering, grilling and serving.