

# Breakfast in a Box

## Introduction

Fair question – Does this really need a recipe sheet?

Not really, but it does provide a good reminder of this dish.

It allows Marion to have a Sunday Breakfast any day of the week without having to cook anything.

Ok, it is much nicer with a bit egg so I suggest scrambled egg in the microwave!

## Ingredients

- 4 Pork Link Sausages
- 4 slices Black Pudding
- 4 slices Haggis
- 4 slices Smoked Back Bacon
- 4 frozen Hash Browns

## Options

- You can add cherry tomatoes or mushrooms
- Do not include egg – it does not freeze and reheat well
- You can cook scrambled egg in a mug in the microwave or add beans if you prefer.
- You can also substitute the sausage for Beef Links or Lorne (square) sausage
- This is offered in different sizes
  - Small breakfast has ½ slice each of haggis and black pudding
  - Mega breakfast has two sausages and two slices of bacon
  - There are also variants without the haggis or black pudding

## Equipment

- 1 Baking Tray

## Preparation

This is so simple, there is nothing to prepare.

## Method

Pre-heat the oven to 180°.

Line the baking tray with tinfoil and put the sausages on to cook for 10 minutes.

Remove the tray from the oven and turn the sausages.

Cook for a further 5 minutes.

Remove the tray from the oven to add the bacon and pop back in the oven for a further 5 minutes.

Remove from the oven and allow to cool.

You do not want to fully cook the meats as they will be further cooked during the reheat. If you over-cook the bacon at this stage, it will become dry and chewy when you reheat it.

Do not pre-cook the hash brown, haggis and black pudding.

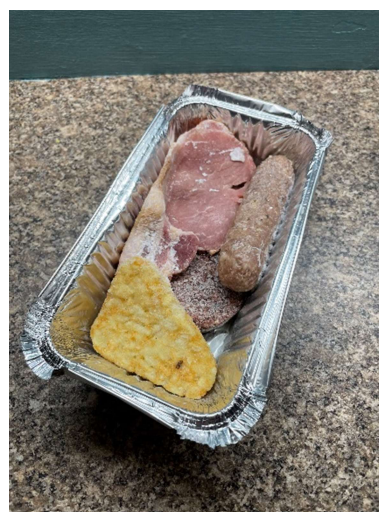
Remove any skin from the haggis and black pudding. Add one slice of haggis and black pudding to the bottom of a large foil tray.

Add the sausage to the side.

Place the bacon and the hash brown on top of the haggis & black pudding.

The order of packing does make a difference!

The hash-brown doesn't really get crisp.



## Portions

Number of portions	4
Final Portion Size	1 each of 5 items
Storage Container	Large Foil

## Storage

This can be served fresh but also ideal for freezing in large foil containers for individual portions.

If serving fresh, you will need to turn the bacon and cook for a further 5 minutes.

Allow to cool before freezing

## Heating & Serving

Not Suitable for microwave or stove-top heating.



20 min

*Pre-heat the oven to 180°, gas mark 5.*

It is preferred to defrost in the fridge overnight but can be heated from frozen.

Leave the lid on and place the foil container on a baking tray. Heat for 20 minutes from thawed, or 45 minutes from frozen in an electric, fan, oven.

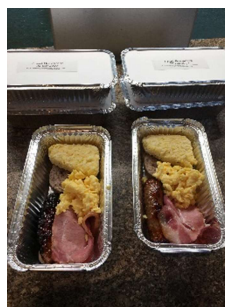
Your heating times may vary so be sure the meal is piping hot throughout before serving.

It's easy to transfer the breakfast to a pre-heated plate or it can be eaten directly from the foil tray.

**Once defrosted, consume within 24 hours.  
Do not refreeze.**

## Techniques & Principles

No special techniques are required.



An earlier version of Breakfast in a Box that included scrambled egg.

When reheating, particularly from frozen, the egg can be a bit “rubbery” – like airline food!



There are many variants of the breakfast from “Mini” with half black and half haggis to Mega that has two link sausages, lorne sausage and hash brown