

# Full English Breakfast Tray-Bake



## Servings: 4

*450 grams small potatoes, cut in half  
1 tablespoon olive oil  
salt and pepper, to taste  
8 links breakfast sausage  
1 garlic clove, minced  
1 tablespoon dried thyme  
2 teaspoons olive oil  
1 can mixed beans  
200 grams cherry tomatoes  
200 grams mushrooms, quartered  
4 large eggs*

Preheat oven to 350°F. Place the potatoes in a large baking tray. Toss and coat in olive oil, salt, and pepper. Add the sausage links on top and roast for 30 minutes.

In a bowl combine garlic, thyme, olive oil, mixed beans, tomatoes, and mushrooms. After 30 minutes add the tomato and mushroom mixture to the baking tray and roast for an additional 15 minutes.

Make 1 large space in the middle of the tray and crack in 4 eggs. Return to the oven for 7-10 minutes or until the eggs are cooked.

Spoon into bowls.

Serve

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Per Serving (excluding unknown items): 231 Calories; 11g Fat (41.0% calories from fat); 11g Protein; 24g Carbohydrate; 4g Dietary Fiber; 186mg Cholesterol; 83mg Sodium; 3g Total Sugars; 1mcg Vitamin D; 64mg Calcium; 3mg Iron; 834mg Potassium; 221mg Phosphorus. Exchanges: .