

Air fryer Full English



Calories: 351



Carbs: 22



Protein: 35



Fat: 12

SERVINGS: 4

PREPTIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 8 bacon medallions
- 4 reduced fat pork sausages
- 4 medium eggs beaten
- 420 g tin of baked beans
- 200 g cherry tomatoes
- 200 g button mushrooms
- low calorie cooking spray
- salt and pepper to taste

Directions

- Pre-heat your air fryer to 180°C.
- Take a sheet of foil and place the mushrooms onto it. Spray with low calorie cooking spray and season with salt and pepper. Scrunch the edges together to seal it into a pouch. It should look like a pasty that has been stood up.
- Take a sheet of foil and place the tomatoes onto it. Spray with low calorie cooking spray and season with salt and pepper. Scrunch it into a pouch.
- Place the sausages and foil pouches into the air fryer for 5 minutes.
- After 5 minutes, add the bacon medallions. You will need to overlap them to fit in most air fryers - this is fine!
- After another 5 minutes, open the air fryer and push the bacon into a pile to make room. Add two small ovenproof bowls, one with the baked beans and one with the beaten eggs. Close the air fryer and cook for another 5 minutes.
- Open the air fryer again and mix the eggs with a fork, close the lid and cook for a further 2 minutes.
- Turn off the air fryer and mix up the eggs. Plate up the breakfasts and serve!