







LIAM HOWELLS
PERFORMANCE NUTRITION

Sausage, Mushroom and Tomato Breakfast Bake

 Calories: 216  Carbs: 9  Protein: 11  Fat: 6

SERVINGS: 2

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 2 eggs
- ½ tin chopped tomatoes
- 2 sausages cooked and sliced
- ½ onion chopped
- 4 mushrooms sliced
- 20 g reduced fat Cheddar grated
- freshly ground black pepper
- sea salt
- low calorie cooking spray

Directions

- Cook the sausages, or you can pre cook them in advance
- Lightly spray 2 large ramekins or individual pie dishes with low calorie cooking spray
- Heat a frying pan over a medium heat, spray with low calorie cooking spray, then add the onion and mushrooms. Gently fry until they start to colour
- Divide the sliced sausage, onion and mushrooms evenly between the two dishes.
- Spoon the chopped tomatoes over the onions and mushrooms
- Season with a little sea salt and freshly ground black pepper, then top with the grated cheese
- Crack an egg on the top of each one, spray with a little low calorie cooking spray and sprinkle with a bit more salt and pepper
- Either bake in the preheated oven for 15 - 20 minutes or microwave on high for at least 60 - 90 seconds (don't forget to cover with cling film in the micro wave). Make sure the egg is cooked as you like it and serve