

DIZZLESKY FULL ENGLISH



MINUTES TO PREPARE

5



MINUTES TO COOK

25



SERVES

2

INGREDIENTS

4 good quality sausages
1 teaspoon rapeseed oil
4 rashers of smoked bacon
250g chestnut mushrooms, thickly sliced
250g baby spinach, washed
4 poached eggs
1/2 teaspoon rose harissa
2 tablespoons Greek yoghurt

LET'S GET COOKING

- 1 Preheat the oven to 200.
- 2 Place the sausages and bacon in a roasting tray. Drizzle with a teaspoon of rapeseed oil and cook for 25 minutes, or until cooked. Turn once midway through so that the sausages and bacon brown evenly on all sides.
- 3 Make the rose harissa yoghurt by mixing together the harissa paste and yoghurt. Season with salt, stir well and leave to the side.
- 4 Meanwhile, heat a drizzle of oil in a frying pan over a medium to high heat. Add the mushrooms and give them a quick stir. Leave for 4 minutes while they take on colour, and then stir again. Repeat until they have softened and are brown. Add the spinach and cook for 4 minutes until it has wilted. Season with salt and pepper while you cook the rest of the meal.
- 5 While the mushrooms are cooking, boil the kettle and fill half a medium sized saucepan with boiling water. Place it on the hob and bring to the boil. Once boiled, turn the water down to a poach (gently steaming and no bubbles). Carefully crack in the eggs, one at a time, so that they all have space in the saucepan.
- 6 Leave to cook until the egg white is opaque and firm and the yolk is bouncy to the touch. Carefully remove them one by one with a slotted spoon and shake off the water.
- 7 Serve the sausages, bacon, mushrooms and spinach together on a plate, with the poached eggs on top and the rose harissa yoghurt dolloped generously all over. Season well with salt and pepper, grab yourself a slice of toast (optional) and tuck in.

"This is a delightful way to start the day. I often feel stuffed and heavy after a traditional Full English. Here, you still get the benefits of a protein hit without feeling like you want to crawl back under the covers afterwards. It'll leave you feeling energised and ready to hit the great outdoors. The rose harissa yoghurt is optional and works beautifully as a healthful, warming alternative to ketchup. Cooking this is a good example of how to bring a meal together at the end, so I ask you to read the recipe in full before you start so that you can manage your timings"