

# Big Breakfast Omelette

## Ingredients

Serves 1

- 1 sausage
- 1 slice of back bacon
- 2 mushrooms
- Cherry tomatoes, halved
- 2 eggs
- Black pepper
- 2 tbsp vegetable oil

## Method

1. Cook the sausage under a hot grill for 8 – 10 minutes, turning them occasionally until browned. Cook the bacon under the grill for 5-6 minutes turning once until crisp and golden. Cool slightly, then slice the sausages and cut the bacon into bite – sized pieces. This could be done the night before, simply chill until required.
2. Heat the oil in a frying pan and add the mushrooms and sauté for 3 – 4 minutes or until golden. Add the tomatoes and cook for a further 1 minute. Remove the pan from the heat, add the sausages and bacon and mix well.
3. Beat the eggs with a little black pepper. Pour into the pan and stir for 1 minute until the eggs begin to cook. Shake the pan to level the surface. Cover the pan with a baking sheet and cook for 5 minutes or until the surface has almost set. Remove the baking sheet then cook the omelette under a hot grill for 2-3 minutes until firmly set. Cool slightly before serving.