



BREAKFAST MUFFINS



Equipment – Mixing bowl (between 2), chef's knife, fork, spatula, omlette pan, chopping board, baking tray – lined with foil

Work on your own

Ingredients –

1 rasher bacon
½ tomato
1 mushroom
Oil
1 muffin
½ egg + splash of milk
Mixed herbs
Salt and pepper

Nutrition

Muffin- carbohydrate,
Mushroom- vitamin c and
fibre,
Tomato - vitamin E and
C.
Egg- protein.

Modification for a Healthy Diet

Poach egg and toast
bread instead of fry.
Add more tomatoes and
mushrooms.

Method –

- 1 Preheat** the grill (make sure the shelf is at the top before you turn the grill on)
- 2 Put** the bacon on the baking tray (you are sharing the tray with your partner)
- 3 Slice** the mushroom and tomato, put on tray and drizzle with oil, season and sprinkle with mixed herbs.
- 4 Place** baking tray under the grill.
- 5 Break** egg into mixing bowl, add a splash of milk and mix well.
- 6 Cut** the muffin evenly in half and dip into the egg mix.
- 7 Heat** oil in the omlette pan, add the eggy muffin (cook one at a time), take out when golden brown.
- 8 Remove** the bacon and vegetables from the grill when browned.
- 9 Assemble** the muffin.