

Brekkie Bake for Dinner



Preparation time: 40 mins

Serves: 4 people

User Rating: A row of five stars, with the first four stars filled with yellow and the fifth star outlined in grey, indicating a 4.5-star rating.

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Categories: Dinner Recipes

This all-in-one breakfast bake is perfect for a lazy dinner that's also delicious! Just throw everything together to bake and dinner is then served.



Ingredients

- 1 tablespoon olive oil
- 8 chipolatas
- 8 small Swiss brown mushrooms
- 250g packets vine ripened cherry tomatoes
- 2 rindless rashers bacon, cut into large pieces
- 4 eggs

- 20g baby spinach leaves, to serve
- Toasted bread, to serve*
- Tomato chutney, optional, to serve

Method

1. Preheat oven to 180°C. Heat oil in a large ovenproof frying pan over a medium heat. Add chipolatas and cook for 8 minutes, turning throughout cooking until browned on all sides.
2. Add mushrooms, tomatoes, bacon and eggs. Cover pan with a lid or foil and place in oven. Bake for 17 minutes. Add the spinach and cook for a further 3 minutes or until eggs are just cooked through and spinach has wilted slightly. Serve with toast and chutney, if you like.

Notes

*use gluten-free bread to make recipe GF

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
291g	1690kJ 404kcal	27.4g	28.3g	11.3g	8.9g	2.4g	968mg	4g

All nutrition values are per serve.