

Healthy Big Breakfast With Fried Eggs



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 31 March 2020

Categories: Quick & Easy, Breakfast Recipes

Without looking at the menu, you know you're getting the big breakfast. It's always been the Australian way.

But it's Sunday morning. You've woken up with a hankering for a big feed. And the thought of waiting in line outside your local cafe... well, that hurts more than your hunger pains.

Here's an idea. How about you whip up a big breakfast at home yourself. You're a weekend chef. It's not that hard. Oh, you need a solid Aussie recipe to follow? Bob's your uncle. (Here you go.)



Ingredients

- Cooking oil spray
- 4 x low-fat sausages (beef, turkey, chicken or kangaroo)
- 275g baby roma truss tomatoes

- 200g button mushrooms, halved
- 8 eggs, at room temperature
- 420g can reduced-salt baked beans
- 4 thick slices wholegrain bread
- Baby spinach leaves, to serve

Method

1. Spray a large non-stick frying pan with oil to grease. Heat pan over medium heat. Add sausages and cook, tossing often, for 12-15 minutes or until cooked through. Transfer to a plate and keep warm.
2. Add tomatoes to one side of pan and mushrooms to other side. Cover and cook over medium heat for 8-10 minutes or until tomato skins begin to split and mushrooms are tender. Transfer to a plate, cover and keep warm.
3. Spray the frying pan with a little more oil and heat over medium heat. Crack 4 eggs into pan and fry until cooked to your liking. Transfer to a plate. Repeat using remaining eggs.
4. Heat baked beans following packet directions. Toast bread. Place toast onto serving plates. Top each with 2 eggs. Serve with baked beans, tomatoes, mushrooms and baby spinach.

Notes

Want to know how to make perfect fried eggs, every time? [Discover our easy fried eggs recipe today!](#)

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
409g	2090kj 500kcal	34.1g	25.1g	9.7g	28.4g	6.6g	1220mg	8.6g
Vitamin D								
8µg								

All nutrition values are per serve.