FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Full breakfast stack



Serves	Prep Time	Cooking	Total Time	Calories
1 person				**455 kcal**

Stuff that's in it:

• 1 Asda Sausage Patty

• 1 Kingsmill Muffin

• 2 Mattesons Smoked Turkey Rashers

• 22G Eatlean Red Cheese

• 1 Medium Egg

• 15G Less Sugar Ketchup

What you do:

Cook the patty either under the grill or in a non stick pan, the rashers only take 2 mins to cook so cook the patty first as it takes a few more minutes, making sure it's cooked all the way through. Pop the rashers in a clean non stick pan and fry for 90 seconds each side or until cooked.

Poach your egg for a few minutes until the whites are hard and the yolk is soft and remove.

Pop your muffin into the toaster whole.

When the muffin pops, I've it in half, add the cheese to one side and microwave for 30 seconds.

Add the patty, bacon then top with the egg, spread some sauce on the lid and enjoy

Nutrition

• Carbs: 38g

• Fat: 22g

• Protein: 52g

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