



# Recipes

## Full English frittata with smoky beans

**Serves: 4**

Preparation time: 10 mins      Cooking time: 30 mins

### **Ingredients:**

2 low-fat sausages, sliced  
4 rashers lean bacon, all fat removed, chopped  
150g pack button mushrooms, halved, or larger ones quartered  
6 eggs  
3 tbsp milk  
140g cherry tomatoes, halved  
1 x 400g can reduced salt and sugar baked beans  
1 ½ tsp smoked paprika

### **Instructions:**

- Heat the oven to 180C/160C fan/gas 4. Line a roasting tin, about A4 size, with baking paper, to cover bottom and sides.
- Fry the bacon and sausages in a non-stick pan until golden, stirring often to prevent them sticking. Scoop them into the roasting tin.
- Fry the mushrooms for about 5 mins until golden then add to the tray.
- Whisk the eggs with the milk, add salt and pepper. Pour into the tin.
- Dot the tomatoes around on top
- Bake in the oven for 20-25 mins until set
- Meanwhile add the paprika to the baked beans and heat through.

(adapted from <https://www.bbcgoodfood.com/recipes/full-english-frittata-smoky-beans>)

