

HOT BREAKFAST SANDWICH

Ingredients

Makes 6 sandwiches

- **English breakfast muffins**, one per person
- 6 good quality **sausages**
- 150g grated **cheese**, whatever you fancy
- 1 **large onion**, diced
- 2 to 3 **red, orange or yellow peppers**, diced
- **Olive oil**
- 1 large **garlic clove**, diced
- **Salt and pepper**
- 3 **free-range eggs**
- 50g **butter**



1 Pour a tablespoon of oil in a big pan or skillet and gently fry the peppers, garlic and onion for about five minutes.

2 Slice the sausages into half-inch pieces.

3 Move the veggies to one side of the pan and add the sliced sausage to the other side. Let them brown on each side, turning the pan so everything cooks evenly.

4 Once the sausages have browned, mix everything up in the pan and pat down to level the surface.

5 Beat the eggs in a bowl and pour into the pan to bind everything together.

6 Season with black pepper and salt.

7 Press everything down in the pan and sprinkle on the cheese. Let it melt.

8 Split the muffins in half and toast them over the fire. Spread with butter.

9 Once your breakfast melt is cooked through, use a spatula to lift a good-sized slice of gooey goodness into each muffin. Enjoy!