

Breakfast Kebabs

Servings: 2

Prep Time: 15min

Cook Time: 28min



Ingredients

- ¼ cup sunflower oil; for frying
- 6 pork or beef sausages
- 120 g button mushrooms
- 250 g cherry tomatoes
- 3 slices wholewheat bread
- 2 eggs; beaten

Directions

1. Heat a little oil in a frying pan, and cook the sausages for 10–15 minutes, turning frequently.
2. Remove from pan and allow to cool, then slice into thick slices.
3. Cook the mushrooms for 5–8 minutes in the same pan. Remove.
4. Cook the cherry tomatoes for 3–5 minutes, or until just cooked but still firm to the touch. Remove.
5. To make the French toast, soak the bread slices in the beaten egg.
6. Fry each slice until golden brown on both sides. Cut each slice into 4 triangles.
7. To make the kebabs, thread a piece of sausage, a cherry tomato, a mushroom and a French toast triangle onto a kebab stick and repeat with remaining ingredients.
8. Serve immediately.