

## Healthy 'grill-up' (serves 1)

### You will need:

- ½ beef tomato
- 4 button mushrooms
- 1 reduced-fat sausage
- 1 slice bacon (cut off the fat)
- 1 egg
- 1 slice wholegrain toast

### How to make it:

Place the tomato, mushrooms and sausage under a preheated grill.

After 5 minutes add the bacon and cook for a further 6 to 8 minutes, flipping the bacon once.

Meanwhile, bring a pan of water to simmering point. Crack the egg into the water and poach for three minutes.

Serve with a slice of wholegrain toast.

### What does this give you?

- 2 portions protein
- 1 portion starchy foods
- 1 portion vegetables

The stats: 303kcal, 4.1g saturated fat, 5.6g sugar, 5.8g fibre, 22g protein, 2.4g salt

Preparation and cooking time: 20 minutes

Approx. cost per serving: less than £2

**Allergens: contains gluten, eggs and possibly soya and sulphites.**