THE LIGHTER PLATE METHOD

Turkey Sausage & Pepper Breakfast Traybake

Everything roasts on one tray until sweet and smoky, with eggs cracked in to finish.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**22 min**	**30 min**	**4**	**EASY**

Ingredients

- 8 turkey sausages
- 2 romano peppers (thickly sliced)
- 250 g cherry tomatoes
- 1 red onion (cut into wedges)
- 4 eggs
- 1 tsp smoked paprika
- 2 tbsp olive oil

Method

1. Heat the oven to 200°C / 180°C fan.
2. Toss the sausages, peppers, tomatoes and onion with the oil and smoked paprika in a large roasting tin. Spread out in a single layer.
3. Roast for 20 minutes, turning the sausages once, until browned and the vegetables have softened.
4. Make four gaps in the tray and crack an egg into each.
5. Return to the oven for 5–6 minutes, until the whites are set.

Tips & swaps

- Use your largest tin. Everything needs space to roast; piled up, it steams and goes pale. Check gluten-free status on the sausage packet if that matters to you.

Storage & reheating

Best eaten fresh from the oven.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
380	**26g**	**12g**	**26g**	**4g**

Estimated values, for guidance only. Contains: Egg.