



ONE PAN MUSHROOMS AND TOAST

This one-pan mushroom and toast dish can be served as a rustic, flavour-packed breakfast or solo supper. Earthy, dry-fried wild mushrooms are mixed with torn sourdough, garlic and herbs, then crowned with buttery fried eggs. It's best eaten straight from the skillet, with deep flavour and crispy bits in every bite.

Prep time 10 minutes | Cook time 10 minutes | Serves 1

200g wild mushrooms
30g salted butter
½ tbsp olive oil
1 slice good sourdough, torn into pieces
2 cloves garlic, crushed
10g flat leaf parsley, chopped
10g tarragon, chopped
2 Seabright Sage® eggs

Clean the mushrooms and tear the larger ones into small pieces.

Heat a cast iron skillet until hot, throw in the mushrooms and allow to dry fry for a few minutes until starting to turn golden and crisp. Add the bread, followed by the butter and the olive oil, and continue to fry until the bread starts to toast too.

Scrape in the garlic and chopped herbs and toss to combine.

Push everything to one side and fry the eggs in the garlicky butter.

Serve or eat straight out of the pan.



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