

# Vegan Full Flavour English Breakfast recipe

Total time **75 mins** 30 mins preparation time 45 mins cooking time

## INGREDIENTS

4 portion(s)

### Crispy New Potatoes:

- 500 g** new potatoes
- 2 tbsp** olive oil
- 2 tbsp** Kikkoman Naturally Brewed Soy Sauce
- 4** garlic cloves
- 1** sprig fresh rosemary
- Pepper to taste

### Roast Onion Sausages:

- 1** small red onion
- 8** vegan sausages
- 4** garlic cloves
- 2 tbsp** Kikkoman Naturally Brewed Soy Sauce

### Magnificent Mushrooms:

- 500 g** chestnut mushrooms
- 1 tbsp** olive oil
- 1 tbsp** vegan butter
- 2 tbsp** Kikkoman Naturally Brewed Soy Sauce
- 4** garlic cloves
- 2** sprigs fresh thyme
- Pepper to taste

### Pan Roasted Basil Tomatoes:

- 400 g** cherry tomatoes on the vine
- 1 tbsp** olive oil
- 1 tbsp** Kikkoman Naturally Brewed Soy Sauce
- 2** garlic cloves
- Pepper to taste
- 1** sprig fresh basil

### Brilliant BBQ Baked Beans:

- 2** 400g tins baked beans
- 2 tbsp** bbq sauce

## PREPARATION

### Step 1

For the Crispy New Potatoes:

Prepare the potatoes | Halve any larger potatoes so that all the potatoes are roughly 1 inch in size | Put the potatoes in the pan and cover with cold water | Put the pan on the stove and bring to the boil over a high heat, when the water reaches boiling point, cook the potatoes for 5 minutes | Drain the potatoes into the colander and leave them to steam for 2 minutes

Roast the potatoes | Preheat the oven to 200C | Tip the potatoes into a roasting tin, drizzle over the olive oil, Kikkoman soy sauce and toss to coat | Sprinkle over the garlic cloves, chilli flakes and rosemary | Season with pepper, put the tin in the oven and roast the potatoes for 45 minutes, roughly stirring halfway through

Serve the potatoes | Take the tin out of the oven, carefully remove the garlic cloves and rosemary and serve immediately

### Step 2

For the Roast Onion Sausages:

Prepare the sausages | Peel, trim, halve and slice the onion | Spread the slices of onion out on the baking tray and push them together to form a loose nest | Set the vegan sausages out on top of the onions | Nestle the garlic cloves in between the sausages | Drizzle the Kikkoman soy sauce over the sausages

**1 tbsp** Kikkoman Naturally  
Brewed Soy Sauce  
**0.5 tsp** hot sauce  
**4 tbsp** crispy onions Pepper to  
taste

**Silken Scramble:**

**1 tbsp** vegan butter  
**2** spring onions  
**2** garlic cloves  
**300 g** silken tofu  
**0.5 tsp** turmeric  
**1 tbsp** nutritional yeast  
**1 tbsp** Kikkoman Naturally  
Brewed Soy Sauce  
Pepper to taste

Cook the sausages | Put the tray in the oven and  
roast the sausages for 20-25 minutes

Finish and serve | Remove the garlic and serve the  
sausages immediately (you can serve the red onion  
as well if you like fried onions.

**Step 3**

For the Magnificent Mushrooms:

Prepare the mushrooms | Halve the mushrooms  
(quarter any large ones) so they're all roughly 1  
inch

Cook the mushrooms | Warm the olive oil in the  
pan over medium heat | Add the mushrooms to the  
pan and stir for 30 seconds | Add the vegan butter  
to the pan and stir for 30 seconds | Add the  
Kikkoman soy sauce to the pan and stir to coat |  
Add the garlic, thyme and pepper to the pan, put  
the lid on and cook for 6-7 minutes | Remove the  
lid from the pan and cook for a further 5-6 minutes

Serve the mushrooms | Remove the thyme and  
garlic from the pan | Season with a little more  
pepper and serve immediately

**Step 4**

For the Pan Roasted Basil Tomatoes:

Prepare the tomatoes | Take the tomatoes off the  
vine and put them in the pan | Drizzle over the olive  
oil and Kikkoman soy sauce and gently toss to coat  
| Nestle the garlic cloves in the pan amongst the  
tomatoes | Season with pepper and lay the basil on  
top of the tomatoes

Cook the tomatoes | Put the pan on the stove over  
a low to medium heat, put the lid on and cook for 8  
minutes | Take the lid off, cook for a further 2  
minutes

Serve the tomatoes | Remove the basil and garlic  
cloves from the bowl and serve immediately

## **Step 5**

For the Brilliant Baked Beans:

Prepare the beans | Open the beans, empty them into a saucepan, put the pan on the stove | Add the bbq sauce, Kikkoman soy sauce and hot sauce to the pan

Cook the beans | Turn the heat to medium and simmer for 7-8 minutes

Finish and serve | Season with pepper, add the crispy onions to the pan, fold them into the beans and serve immediately

## **Step 6**

For the Silken Scramble:

Prepare the ingredients | Trim and finely slice the spring onions | Peel and grate the garlic | Open the silken tofu, pour it into the sieve and drain off any excess liquid

Cook the tofu | Melt the vegan butter in the frying pan over a medium heat | Add the spring onion and garlic to the pan and stir for 1 minute | Add the tofu to the pan, break it up with a spoon and fry for 4-5 minutes, stirring occasionally | Add the turmeric, nutritional yeast and Kikkoman soy sauce to the pan, stir to combine and fry for 3-4 minutes, stirring occasionally, until most of the moisture has evaporated and the tofu looks like scrambled eggs

Time to serve | Take the pan off the heat, season with pepper and serve immediately