

Wake-up-wonderful Breakfast Eggy-Bread

What could be better than this yummy eggy-bread breakfast, topped with luscious South African plums and peaches? Sunshine guaranteed!

Serves 4

Preparation time: 10 minutes

Cooking time: 10 minutes

Suitable for vegetarians

4 South African plums
2 South African peaches or nectarines
20g caster sugar
4 thick slices white bread
1 large egg
150ml semi-skimmed milk
1tsp vanilla extract
20g butter
Icing sugar, for sprinkling

1 Halve, pit and slice the plums and peaches or nectarines. Put them into a saucepan with the sugar and 100ml water. Simmer for 8-10 minutes, until just tender.

2 Meanwhile, cut each slice of bread in half diagonally. In a large shallow dish, beat together the egg, milk and vanilla extract. Add the pieces of bread and leave them for about 5 minutes, turning them over once so that each side gets a good soaking.

3 Heat the butter in a large non-stick frying pan. Add the soaked bread and cook it gently for about 1-2 minutes per side, until golden brown. Share between 4 warm serving plates and spoon the fruit on top. Serve, sprinkled with a little icing sugar.

Cook's tips: In this recipe you can make the most of bread, brioche or panettone that needs using up to avoid waste. In fact, it helps if the bread is 2-3 days old, as its drier texture soaks up more of the liquid.

Nutritional values

	Per 100g (recipe)	Per serving 234g	RI (%) per 100g (recipe)	RI (%) per serving
Energy KJ	479	1120	6%	13%
Calories Kcal	114	266	6%	13%
Fat	3.1g	7.2g	4%	10%
Of which saturates	1.4g	3.4g	7%	17%
Carbohydrate	17g	40g	7%	15%
Of which Sugars	8.4g	20g	9%	22%
Fibre	1.8g	4.1g	7%	16%
Protein	3.6g	8.4g	7%	17%
Salt	0.27g	0.64g	5%	11%