

## Smokey Bacon And Egg Bake - Breakfast Sorted!



A high-fat breakfast of bacon and eggs may be the healthiest start to the day, a new university report showed.

For the first meal eaten after a night's sleep appears to programme the metabolism for the rest of the day, the researchers found.

And the age-old maxim "Eat breakfast like a king, lunch like a prince and dinner like a pauper" may in fact be the best advice to follow to prevent metabolic syndrome, according to a new University of Alabama at Birmingham study.

Metabolic syndrome is characterized by abdominal obesity, high triglycerides, insulin resistance and other cardiovascular disease-risk factors.

The study, published online March 30 in the International Journal of Obesity, examined the influence exerted by the type of foods and specific timing of intake on the development of metabolic syndrome.

## Waterall

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So with that in mind...

# Smokey Bacon And Egg Bake

## Ingredients

200g (7oz) Dry cured oak smoked thick cut back bacon rashers – about 6 rashers

5ml (1tsp) Olive oil

1 Red onion, finely chopped

1 Garlic clove, crushed

15-30ml (1-2tbsp) Smoked paprika

400g (approx) Can chopped tomatoes

30ml (2tbsp) Tomato ketchup

1 Red pepper, deseeded and cut into small pieces

4 Eggs

## Preparation

Preheat oven to Gas Mark 6, 200°C, 400°F. 5-10 oil

## Method

Leave 4 rashers of bacon whole and chop the remaining 20000 wbarge pieces.

In awbarge pan heat the oil and add the chopped m J 0 d il ag1 Gar. Cook for 2-3 in utes unte oil