

# Kiki's Breakfast

VeloxVoid

Feeling independent, with a new lease on life? Or maybe you're a little down on your luck? Whatever your mood, Kiki's comfort food will be there for you. Sausage, tomatoes, and pancakes offer a simple, cheap, and yet hearty breakfast that will get you up and delivering in no time.

**Difficulty (out of 5):** 2

**Preparation Time:** 5 minutes

**Cook Time:** 15 minutes

**Serving Size:** 2

**Allergens or Dietary Restrictions:** Contains gluten and wheat;  
Suitable for vegans

## Ingredients

Cooked Breakfast

- ★ 2 firm globe or plum tomato
- ★ 2 Tbsp (30 ml) olive oil
- ★ 1/2 tsp (5 g) garlic salt
- ★ Generous crack of pepper
- 4 plant-based sausages

## **Pancakes**

- ★ 1 cup (125g) self-raising flour
- ★ 1 tsp (5 g) baking powder
- ★ 2 Tbsp (30 g) caster sugar
- ★ ¼ tsp (1.5 g) vanilla extract
- ★ Pinch of salt
- ★ 5 fl oz (150ml) plant-based milk
- ★ 1 Tbsp (15 g) plant-based butter (additionally more to serve)
- ★ Optional maple syrup (to serve)

## **Special Equipment**

- ★ Ladle
- ★ Spatula

## **Directions**

### **Cooked Breakfast**

1. Preheat your oven according to your sausages' packaging instructions.
2. Slice the tomatoes in half lengthwise. Drizzle ½ Tbsp (7.5 ml) of olive oil over the sliced side of each tomato half, then sprinkle garlic salt and a generous crack of

black pepper on top. Put on a baking tray alongside the sausages.

3. Oven-roast the tomato sliced-side up for 15 minutes and the sausage according to packet instructions. Depending on the brand, this should be around 10-15 minutes, so time this accordingly to finish cooking alongside the tomatoes. Turn the sausages half-way through the cooking time to ensure even cooking.

## **Pancakes**

1. Add the flour, baking powder, sugar, vanilla extract, and pinch of salt to a mixing bowl and whisk together thoroughly.
2. Pour the milk into the mixing bowl slowly, whisking all the while, until the batter becomes thick and smooth. Ensure there are no lumps of the dry mixture!
3. Melt  $\frac{1}{2}$  Tbsp of butter in a large non-stick frying pan over medium heat, ensuring the butter spreads across the bottom of the pan evenly.
4. Once the pan is hot and the butter melted, pour a ladle full of the batter into the pan, spreading it around the pan until it forms a rough circle around 4-5 inches across.
5. Cook for around 1 minute, until the surface begins to bubble and the edges appear dry and slightly shiny. Then quickly flip the pancake with a spatula, and cook it

on the other side for another minute until the pancakes appear pale golden brown and fluffy.

6. Transfer your finished pancake to a plate and repeat the process for the next pancake.
7. Add a small wedge of butter on top to melt into the pancake while it cools and optionally, with a little maple syrup if you'd like them sweeter. Serve alongside the cooked breakfast and season as desired.

### **Extra notes**

- ★ I find oat milk to be the best for the pancakes, but feel free to choose your favourite according to your own taste.
- ★ The pancake batter will keep in the fridge for around 2-3 days.