Breakfast Casserole (baked omelette)

Butter or olive oil for greasing

1 swede or 1 large sweet potato

2 sausages

Handful button mushrooms

3 spring onions chopped

4 eggs beaten

* Preheat oven to 190 gas 5
* Grease a small glass or ceramic baking dish
* Grate the swede or sweet potato ( best in food processor)
* Remove meat from sausages
* Throw away casings
* Brown meat in a large frying pan with a little oil
* Cook until not quite done
* Break up meat with a spoon
* Toss in rest of ingredient and stir
* Toss into the greased baking dish
* Bake for 45mins
* Remove from oven and allow to cool slightly until eggs set before cutting into 4 pieces and serving warm