

# Posh Baked Beans on Sourdough Toast

## with Beef Bacon, Fried Egg and Avocado

**hellóchef**

Who doesn't love breakfast for dinner?

Cals 875 • Prot 44 • Carbs 56 • Fat 53

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🕒 cook: 30 min

R3304





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Breakfast	2 ppl	3 ppl	4 ppl	
Beef bacon	120	160	240	Grams
Organic Eggs <b>5*</b>	2	3	4	Piece
Avocado	1	2	2	Piece
Sourdough bread slices <b>10*, 11*</b>	2	3	4	Piece
Butter <b>4*</b>	20	30	40	Grams
Chilli flakes	2	2	2	Grams
Beans				
Shallots	1	1	2	Piece
Garlic cloves	1	2	2	Piece
Butter beans	240	240	480	Grams
Tomato paste	30	50	70	Grams
Chopped tomatoes	400	400	800	Grams
Vegetable stock cube <b>15*</b>	0.5	0.5	1	Piece
Smoked paprika powder	2	2	4	Grams
Dried oregano	2	2	4	Grams
Honey	15	15	30	Grams
Worcestershire sauce <b>6*, 11*</b>	15	22	30	ML
Red vinegar	15	22	30	ML

Allergens

**\*5 Eggs, \*10 Wheat, \*11 Gluten, \*4 Milk, \*15 Celery, \*6 Fish**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3657 / 875
Fat (g)	53.4
of which saturates (g)	19.3
Carbohydrate (g)	56
of which sugars (g)	18
Fiber (g)	22.2
Protein (g)	43.6
Salt (g)	5.3

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and very finely chop the **shallots** and **garlic**. Drain and rinse the **butter beans**.



2 Make beans

Heat a pan over a medium heat with a drizzle of oil. Once hot, add the **shallots** with a pinch of salt and fry for 3 min until softened. Add the **garlic** and **tomato paste** and fry for 1 min further. Add the **chopped tomatoes, stock cube, smoked paprika, oregano, drained beans, honey, Worcestershire sauce** and **red vinegar**. Simmer for 12 min.



3 Fry bacon

Meanwhile, heat a second pan over a medium-high heat. Add the **beef bacon** and fry for 6 min until crispy. Remove from the pan and keep warm (see pro tip!), don't clean the pan!



4 Fry eggs

Crack the **eggs** into the **bacon** pan and fry for 2-4 min or until done to your liking. For a set yolk, cover the pan with a lid.



5 Toast bread

Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Toast the **sourdough slices** in a toaster or under a hot grill. Spread the **butter** over the **slices** whilst it's still hot!



6 Serve

Season the **beans**, serve over the hot buttery **toast**. Serve the **beef bacon**, fried **egg** and **avocado slices** on the side. Garnish with a sprinkling of **chilli flakes (spicy!)**.