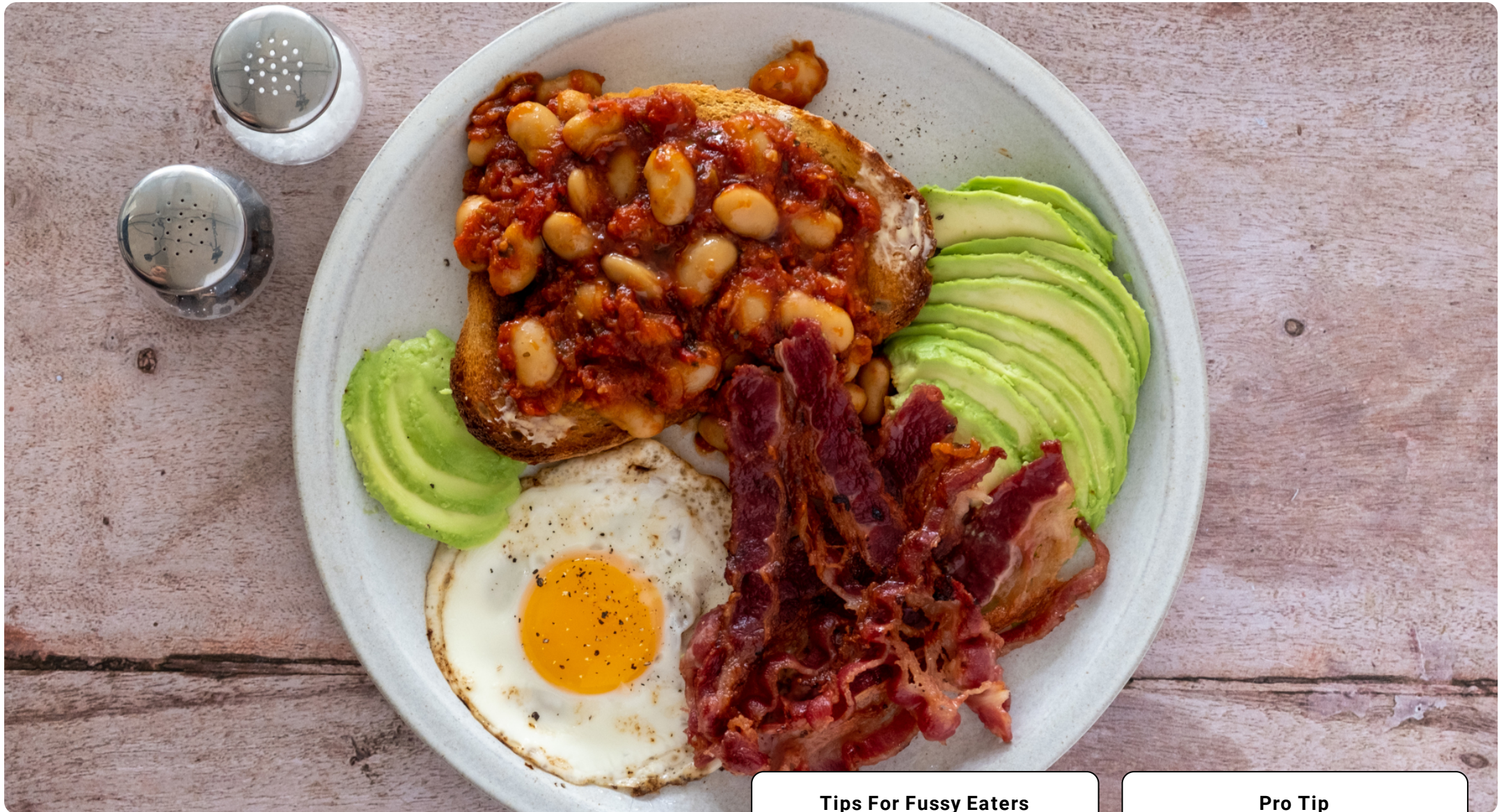


Posh Baked Beans on Sourdough Toast

with Beef Bacon, Fried Egg and Avocado



Tips For Fussy Eaters

The longer the beans simmer for, the sweeter they'll be!

Pro Tip

Timing is essential here - make sure you toast the bread at the last minute so it's nice and warm! You can keep the bacon hot in a warm oven.

Who doesn't love breakfast for dinner?

Cooking Time: 30 min

Cals 897 | Prot 33 | Carbs 91 | Fat 38

Ingredients	For 2	For 3	For 4	
Breakfast				
Beef bacon	120	160	240	Grams
Eggs	2	3	4	Piece
Avocado	1	2	2	Piece
Sourdough bread slices	2	3	4	Piece
Salted butter	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	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	15	22	30	ML
Red vinegar	15	22	30	ML



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!)**.