

Fancy Beans on Toast

5 minutes preparation

10 minutes to cook

Serves 2



INGREDIENTS

x2 Bacon rashers

2 tbsp olive oil

x1 tin of baked beans (any brand)

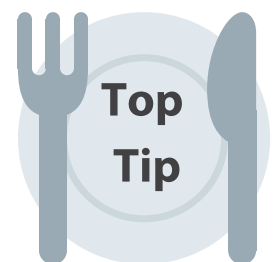
x2 Fresh medium eggs

x2 Slices of bread (see our 'No flour or yeast loaf recipe')



METHOD

1. Chop the bacon into small squares. Heat half the oil in a large non-stick saucepan. Once hot, add the bacon. Fry for 5 mins. Remove the pan from the heat and carefully discard any excess oil
2. Add the baked beans and simmer for 3-4 mins, stirring gently.
3. In a small non-stick pan heat the rest of the oil, break the 2 eggs separately into the pan and cook for 3 mins
4. Cut the bread diagonally and place on the plate. Pour the bean and bacon mixture over and then carefully place on the egg



Use a large cookie cutter to make the egg perfectly circular when serving