



# Big Brekky Bacon & Tomato Beans

with Toasted Sourdough, Egg & Fetta

Grab your Meal Kit with this symbol



**Recipe Update**  
 Unfortunately, some of this week's ingredients were in short supply. As such, what you receive may be slightly different to what is pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!



Red Onion



Garlic



Thyme



Red Kidney Beans



Diced Bacon



Tomato Paste



Italian Herbs



Sliced Sourdough



Parsley



Basil Pesto



Fetta Cubes

Prep in: **20 mins**  
 Ready in: **25 mins**

What's rich, saucy and downright delicious? These flavour-packed beans, that's what! Add some crunchy sourdough and a fried egg for a hearty brunch that everyone will love.

**Pantry items**

Olive Oil, Butter, Eggs

SED





## Before you start

Wash your hands and any fresh food.

## You will need

Large frying pan

## Ingredients

	2 People
<b>olive oil*</b>	refer to method
red onion	1 (medium)
garlic	2 cloves
thyme	1 bag
red kidney beans	1 packet
diced bacon	1 packet
tomato paste	1 packet
Italian herbs	1 sachet
<b>water*</b>	¼ cup
<b>butter*</b>	40g
<b>eggs*</b>	2
sliced sourdough	4 slices
parsley	1 bag
basil pesto	1 packet (50g)
fetta cubes	1 packet (50g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2897kJ (692Cal)	601kJ (143Cal)
Protein (g)	33.5g	7g
Fat, total (g)	28.5g	5.9g
- saturated (g)	8.2g	1.7g
Carbohydrate (g)	66.3g	13.8g
- sugars (g)	12.3g	2.6g
Sodium (mg)	1689mg	350mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Thinly slice **red onion**.
- Finely chop **garlic**.
- Pick and finely chop **thyme**.
- Drain and rinse **red kidney beans**.



## Fry the eggs

- Wash out the frying pan and return to high heat with a drizzle of **olive oil**. When oil is hot, crack **eggs** into pan and cook until egg whites are firm and the yolks are cooked to your liking, **2-3 minutes**.

**TIP:** This will give you a soft yolk, fry for 6-7 minutes for a hard yolk.



## Start the beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **diced bacon** and **onion**, breaking up bacon with a spoon, until golden and onion has softened, **4-5 minutes**.

**TIP:** Use a saucepan or a second frying pan so you can fry the eggs at the same time!



## Toast the bread

- While the eggs are frying, toast or grill **sliced sourdough** to your liking. Drizzle with **olive oil**.
- Roughly chop **parsley**.



## Finish the beans

- Add **red kidney beans**, **tomato paste**, **garlic**, **thyme** and **Italian herbs** to pan. Cook until fragrant, **1 minute**.
- Stir in the **water** and **butter** and cook until slightly thickened **1-2 minutes**. Season to taste. Transfer to a bowl and cover to keep warm.



## Serve up

- Divide toasted sourdough between plates. Top with beans, an egg and **basil pesto**. Crumble with **fetta cubes** and garnish with parsley to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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