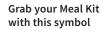




Big Brekky Bacon & Tomato Beans with Toasted Sourdough, Egg & Feta























Italian Herbs



Sliced Sourdough







Feta Cubes



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 |
|------------------|-------------------|
| olive oil* | refer to method |
| red onion | 1 (medium) |
| garlic | 2 cloves |
| thyme | 1 bag |
| cannellini neans | 1 tin |
| diced bacon | 1 packet |
| tomato paste | 1 packet |
| Italian herbs | 1 sachet |
| water* | 1/4 cup |
| butter* | 40g |
| eggs* | 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 for allergen and

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Thinly slice red onion. Finely chop garlic.
 Pick and finely chop thyme. Drain and rinse cannellini beans



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!



Finish the beans

- Add cannellini 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.



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.



Toast the bread

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



Serve up

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



Scan here if you have any questions or concerns





Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

