



# Big Brekky Bacon & Tomato Beans

with Toasted Sourdough, Egg & Fetta

Grab your Meal Kit with this symbol



Red Onion



Garlic



Thyme



Cannellini 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



## Before you start

Wash your hands and any fresh food.

## You will need

Large frying pan

## Ingredients

	<b>2 People</b>
<b>olive oil*</b>	refer to method
red onion	1
garlic	2 cloves
thyme	1 bag
cannellini beans	1 packet
diced bacon	1 packet (90g)
tomato paste	1 packet
Italian herbs	1 medium 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
fetta cubes	1 large packet

\*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.



## Get prepped

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



## Fry the eggs

- Wash out the frying pan and return to medium- 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, **4-5 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 **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.



## 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!

## We're here to help!

Scan here if you have any questions or concerns



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