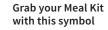


Big Brekky Bacon & Tomato Beans with Toasted Sourdough, Egg & Fetta















Cannellini Beans





Diced Bacon

Tomato Paste



Italian Herbs



Sliced Sourdough





Basil Pesto



Fetta Cubes

Pantry items

Olive Oil, Butter, Eggs

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
garlic	2 cloves
thyme	1 bag
cannellini beans	1 packet
diced bacon	1 packet (90g)
tomato paste	1 packet
Italian herbs	1 medium sachet
water*	1/4 cup
butter*	40g
eggs*	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 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 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.



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 fetta cubes and garnish with parsley to serve. Enjoy!

