

Baked bean and egg pot

Serves 4

Preparation and cooking time Approx. 10-15 mins

Ingredients

- 2 tablespoons oil
- 1 medium onion_thinly sliced
- 1 red pepper, deseeded and thinly sliced
- good pinch dried chilli flakes or cayenne pepper
- 2 x 400 grams tins of baked beans
- 4 eggs
- 100 grams cheddar, grated (optional)

Method

1. Heat the oil in a frying pan. Fry the onion and pepper over a low heat for 5 minutes, or until softened stirring regularly with a wooden spoon.
2. Add the chilli flakes and cook for 20–30 seconds, stirring constantly. Tip the beans into the pan and cook for 2 minutes, stirring occasionally.
3. Make two holes in the beans and break an egg into each one.
4. Reduce the heat to low, cover with a lid and cook for 5 minutes, without stirring, until the egg whites are set but the yolks are still runny.
5. Sprinkle with the cheese, if using and serve with toast on the side for dipping.
6. **Please ensure Baked bean pot is served piping hot**

PLEASE BE AWARE OF THE SAFETY ASPECT, AND KEEP YOUR CHILDREN AWAY FROM HOT PANS AND OVENS