

BAKED BEAN & POACHED EGGS WITH TOAST SOLDIERS

VEGETARIAN



Serves 2



Prep Time 5 minutes



Cook Time 3-4 minutes



Easy As



INGREDIENTS

- 420 g can **Wattie's Baked Beans**
- 2 eggs
- 2-4 slices bread, toasted

METHOD

1. Heat **Wattie's Baked Beans** in a microwaveable container in the microwave or in a saucepan on the stove top. While the beans are heating poach your eggs.
3. Heat a pan of water about 5cm deep with a dash of vinegar until it is gently boiling.

Drop the eggs into the water and cook for 3-4 minutes, until the white has set and the yolks are cooked to your liking*

4. To serve spoon beans into a bowl and top with the poached egg. Serve with toast cut into soldiers

TIPS

When poaching eggs:

- Make sure the eggs are fresh. Fresh eggs have a thicker white and hold their shape better when poaching.
- Crack the eggs into a cup before tipping it into the pan.
- The water in the pan should be at least 5cm deep. Add a dash of vinegar to the water
- Drop the egg into the simmering water. Do not allow the water to boil. Cook for 3-4 minutes until the white has set and the yolk cooked to your liking.
- If wished to help the white wrap around the yolk - stir the water to create a gentle 'whirlpool' before dropping the egg into the centre - making sure the water is only just bubbling - rather than a rapid boil.

Flavour up the baked beans with your favourite herbs or spices like curry powder or cayenne pepper.

SWAP IT OUT

Replace baked beans with **Wattie's Spaghetti** if wished.