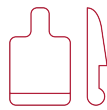




# Baked Eggs and Beans



DIFFICULTY: EASY



PREPARATION TIME: 15  
MINUTES



COOKING TIME: 10 MINUTES



SERVES: 4

## Ingredients

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- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp chili flakes
- 1 x 400g can chopped tomatoes
- 1 x 400g can cannellini beans, rinsed and drained
- ½ cup chopped fresh basil leaves
- 1-2 tsp honey
- Salt
- Freshly ground black pepper
- 4 eggs, at room temperature
- Sourdough bread, for toasting to serve

## Method

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Place onion, garlic and olive oil in a saucepan. Cook on Induction level 7 or level 7 on a [FlameSelect® gas cooktop](#) for 3-5 minutes or until onion is soft and lightly golden. Add the paprika, cumin and chili flakes and cook for a further 2 minutes. Add the tomatoes and cannellini beans and stir to combine. Reduce heat to level 5 and cook sauce for 8-10 minutes or until it has thickened. Remove from the heat and stir through half of the basil. Add enough honey to round the acidity of the tomato and season with salt and pepper.

Preheat oven on [CircoTherm®](#) to 180°C with a low level of added steam.

Grease 4 x 12 cm shallow ramekins. Spoon sauce evenly into the dishes. With the back of a spoon make an indent into the sauce. Crack an egg into each dish. Place dishes on the universal tray and cook in oven for 10 minutes or until eggs are cooked to your liking.

Serve the baked eggs and beans with toasted slices of sourdough bread.

## Notes

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