



BEC
BALDRY
WELLNESS

CHILLI BEANS ON TOAST

SERVES 2

INGREDIENTS

- 1 brown onion, diced
- 1 garlic clove, minced
- 1 can (400g) cannellini beans, drained and rinsed
- 1 tbsp tomato paste
- 1 tsp smoked paprika
- 1 tsp dried mixed herbs
- ½-1 tsp chilli flakes, to taste
- ½ tsp coconut sugar
- ⅔ tsp ground black pepper
- 200g tomato passata
- ½ cup water
- Pinch of sea salt, to taste

TO SERVE

- Bread slices (rye), toasted
- Sour cream
- Fresh basil
- Salad greens (rocket leaves, snow pea sprouts)
- Lime wedges

OPTIONAL

- 2 fried eggs

METHOD

1. Fry onion and garlic in a small saucepan on medium heat for 2-3 minutes or until fragrant and softened.
2. Add the beans, tomato paste, smoked paprika, mixed herbs, chilli flakes, coconut sugar, black pepper, passata and water.
3. Gently simmer for 5 minutes, stirring occasionally until thickened. Taste and season with salt if desired.
4. Serve chilli beans on toast with sour cream, basil, salad greens, lime and egg (if using).