Breakfast

Smoky Tomato Eggs with White Beans

Large eggs are gently poached in a smoky tomato sauce with cannellini beans and spinach, then finished with fresh parsley.

20 min	238	20.16 g	12 g
time	calories	carbs	sugars



Dairy free | Nut free

Ingredients, 4 servings

- [ ] 1 tbsp olive oil
- [ ] 1 small onion, finely chopped
- [ ] 2 cloves garlic, crushed
- [ ] 1 small red capsicum, finely chopped
- [ ] 2 x 400g cans tomato, no added salt
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp smoked paprika
- [ ] 1 tbsp Worcestershire sauce
- [ ] 1 tbsp pure maple syrup
- [ ] 1 x can cannellini beans, rinsed & drained
- [ ] 1 handful finely chopped spinach
- [ ] 4 large eggs
- [ ] 2 tbsp chopped parsley

Method

1. Heat the olive oil in a large pan over medium heat, then cook the finely chopped onion and red capsicum for 3 to 4 minutes until softened.
2. Stir in the crushed garlic, smoked paprika and Dijon mustard and cook for 30 seconds until fragrant.
3. Pour in the canned tomatoes, then add the Worcestershire sauce and pure maple syrup and let the sauce simmer for about 3 minutes.
4. Fold in the rinsed and drained cannellini beans and the finely chopped spinach and warm through.
5. Make four wells in the sauce, crack a large egg into each, cover the pan and cook for about 5 minutes until the egg whites are set.
6. Scatter the chopped parsley over the top and serve warm.

Nutrition Facts

Per serving

Calories	**238**
Total fat	9.7 g
Saturated fat	2.1 g
Sodium	400 mg
Total carbs	20.16 g
Fiber	Not listed
Total sugars	12 g
Protein	13 g

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