

Parmesan-Dusted Baked Beans on Toast with Avo & Poached Egg



Serves: 1 person

User Rating: ★★★★★

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Categories: Breakfast Recipes

It's time to level up your eggs on toast.

This flavour-packed recipe combines baked beans, a velvety poached egg and creamy avocado to create the perfect experience of brunchy, breakfast bliss. It's a complete symphony of textures, tastes, and more. Indulge in this healthy recipe today!





Ingredients

- 2 large eggs
- 1 x 220g can reduced salt baked beans
- 2 slices wholegrain sourdough
- ¼ avocado, sliced
- 20g Parmesan cheese

Method

1. Bring a small saucepan of water to the boil. Add a splash of white vinegar and reduce heat to simmer. Crack in the eggs carefully to poach. Reduce the heat further to ensure the egg white stays together.
2. Meanwhile, heat the baked beans in a glass dish in the microwave or in a small pan on the stovetop. Toast the bread.
3. Top the toast with sliced avocado and spoon over the baked beans. Gently remove the eggs from the water with a slotted spoon, draining the water well, and place on top of the beans. Finely grate parmesan over the top. Serve immediately.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
430g	2450kJ 586kcal	36g	22g	7g	45g	8g	1310mg	16g	7.1µg

All nutrition values are per serve.