Baked eggs with beans

These eggs are baked on a tasty base of beans, chickpeas and tomatoes. Healthy, tasty and so more-ish. Give them a splash of chilli and squeeze of lime and you are good to go!



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ingredients

* 1 tbsp olive oil
* 2 cloves garlic, finely chopped
* 1 tsp smoked paprika (regular will be fine!)
* 1 tsp ground cumin
* 1 tin (400g) four bean mix
* 1 tin (400g) chick peas
* 1 tin (400g) diced tomatoes
* 2 eggs
* 2 pieces of gluten free toast
* 1 fresh lime, for squeezing onto finished eggs
* fresh coriander
* chilli (optional)

method

1. Heat a small pan with a tablespoon of olive oil at medium heat.  Add garlic and fry until fragrant, for about a minute. Add the paprika and the cumin. Stir well. Next, add the beans, the chickpeas and tomatoes. Cook for 10 minutes.
2. Using the back of a soup ladle, press a hollow into the mix to place the eggs. Crack the eggs into a cup and then slide from the cup into the hollows created by the spoon.
3. Cover the pan and cook gently until eggs are cooked.

Serve with toast, salt and pepper, a squeeze of lime, and fresh coriander and chilli.