



BEANS ON TOAST

Portions: 1
Preparation time:
10 minutes
Cooking time:
30 minutes
Approx cost:
£1.48

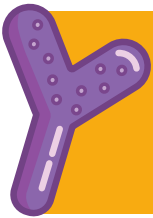
Nutrition
Energy (kJ)
Energy (kcal)
Carbohydrate (g)
Protein (g)
Fat (g)
Fibre (g)
Sodium (mg)
Iron (mg)

Quantity per portion
3636.51
868.28
95.79
25.55
46.18
11.16
1687.54
7.04

Ingredients

2 slices ciabatta or baguette
1 garlic clove, finely chopped
¼ onion, chopped
55g tinned kidney beans, rinsed and drained

100g spinach
2 tbsp olive oil
1 tsp dried chilli flakes (optional)
Salt, to taste
Black pepper, to taste
Chopped parsley, to garnish



Did you know?

Yeast feed on sugars producing carbon dioxide and alcohol in a process called fermentation. This changes flavours of foods, for example sourdough bread. Try this recipe with sourdough bread next time!

Instructions

1. Heat the olive oil in a frying pan over a high heat. Add onion and garlic clove and fry until softened. Add the spinach and beans and cook until the spinach has wilted and the beans are warmed through.

2. Drain out any excess moisture and season to taste with salt and pepper.

3. Rub the bread with the olive oil.

4. Heat a frying pan and toast the bread for 1 minute on each side until crisp and golden-brown.

5. Put the toast on a plate, spoon over the beans and spinach, then garnish with parsley and optional chilli flakes to serve.

Visit the NBRI website to find out more about the nutrition research taking place at Norwich Research Park.



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