

# Spicy stovetop beans with eggs and feta



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This easy one-pan meal makes the most of tinned ingredients. (ABC News: Hetty Lui McKinnon)

🕒 Prep time: 10

🕒 Cook time: 30

📊 Skill level: Low

👤 Serves: 4

# Ingredients

- ☐ 60ml (¼ cup) extra virgin olive oil
- ☐ 1 brown onion, thinly sliced
- ☐ 6 garlic cloves, finely chopped
- ☐ 2 teaspoons red chili flakes (or more or less to taste), plus more to serve
- ☐ 2 teaspoons dried oregano or basil leaves
- ☐ 800g can diced tomatoes
- ☐ 1 teaspoon white sugar
- ☐ sea salt and black pepper
- ☐ 500g cooked butter or cannellini beans (2 x 400g cans), drained and rinsed
- ☐ 4 to 6 large eggs
- ☐ 100g feta cheese, crumbled
- ☐ Handful of fresh basil or oregano leaves, for topping
- ☐ Bread, for serving

# Method

1. Heat a large, heavy-based frying pan (mine measured 25cm) on medium-high heat for 2 minutes. Add the olive oil along with the onions and cook, stirring, until the onions have softened and are starting to caramelise around the edges, about 3 to 4 minutes. Reduce heat to medium and add the garlic, red chilli flakes and dried oregano or basil and stir until fragrant, 30 to 60 seconds.

2. Add the tinned tomatoes, sugar and season with about 2 teaspoons of salt and lots of black pepper. Stir in the beans. Cover and cook on medium heat for 10 minutes, to allow the flavours to meld.
3. Reduce the heat to low. Make 4 divots in the sauce and crack an egg into each — it's easiest to do this one divot/egg at a time and if you're worried about eggs shells, break the egg into a small bowl first and then slide the egg into to the divot. Cover and cook until the whites are set and the yolks are still soft, 6 to 7 minutes.
4. Scatter over the feta, more red chili flakes (if using), and the basil or oregano leaves. Drizzle with olive oil, season with salt and black pepper and serve with bread.