

POSH

BEANS ON TOAST



DID YOU KNOW? ➤

All those tomatoes and beans are packed full of nutrients and fibre—a really filling and nutritious meal.

MAKE IT! ➤

Watch the video:
<http://bit.ly/2kZl5xp>

Chef Mark shows you
how to make this recipe
at home!



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BEANS ON TOAST

DO IT!

SERVES: 6

GET IT!

INGREDIENTS

30ml rapeseed oil
1 medium onion, chopped
2 tsp garlic purée
400g tin of chopped tomatoes
1 tbsp tomato purée
400g tin of haricot beans
1 tbsp chopped flat parsley
Salt and pepper
6 thick slices of granary bloomer bread

Optional garnishes

50g grated parmesan
Parsley

This recipe was created by
Harrison's Director of Food
and Service Mark Stower.

Prep time: 25 minutes

1. Add the rapeseed oil to a medium-size saucepan and place it on the stove over a medium heat. Allow the oil to heat for 30 seconds, then add the onion and sauté for 1 minute.
2. Add the garlic purée and chopped tomatoes. Then add the tomato purée, mix and simmer on the stove for 30 minutes.
3. Use a stick blender to blend all the ingredients in the pan until smooth.
4. Drain the haricot beans and add to the saucepan along with the chopped parsley. Simmer for 5 minutes. Season to taste with salt and pepper.
5. Grill or toast the bread and place a slice on each plate. Top with the beans and serve. If you want, sprinkle over some parmesan cheese and top with a sprig of parsley.