

PAPRIKA SPICED BEANS ON TOAST

120g onions
3 garlic cloves
6ml olive oil
90g tinned tomatoes
3g smoked paprika
720g cannellini beans
3 sourdough
baguettes

METHOD

1. Peel and chop the onions, slice the garlic, drain the beans.
2. Fry the onions and garlic in a little oil until soft, add the tomato, beans and a dash of water and cook for 10 minutes until almost dry.
3. Add smoked paprika and a drizzle more olive oil and season with salt and pepper. Check for taste and flavour.
4. Pour the beans on top of the split toasted baguette and eat straight away.

SERVES
4