

Beans for Breakfast 3 Ways

Puff Pastry Breakfast Pizza

Ingredients:

1 roll puff pastry
1 cup cream cheese
1 can KOO baked beans in tomato sauce
6 slices of bacon
2 cups of cheddar cheese, grated
4 eggs
Salt and black pepper, to taste
Chopped spring onions, for serving

Method:

1. Roll out the puff pastry sheet onto a baking sheet lined with baking paper.
2. Fold over a small edge on each side of the pastry to create an edge for the crust and seal with a fork.
3. Spread cream cheese over the pastry, followed by the baked beans and grated cheese.
4. In a frying pan over a medium heat, fry the bacon slices until cooked through golden and crispy.
5. Make 4 indentations using a spoon in the pizza.
6. Place the cooked bacon slices over the cheese, avoiding the indents if possible.
7. Crack the 4 eggs into the indents.
8. Season with salt and black pepper.
9. Bake the pizza for 15 to 20 minutes at 180°C, or until the pastry and cheese are golden and the whites of the eggs have set.
9. Remove from the oven and sprinkle with chopped spring onions before serving. ENJOY!

Un(bean)lievable Breakfast Cups

Ingredients:

1 can KOO baked beans in chilli sauce
6 slices of white bread
6 slices of bacon, cooked
2 cups of cheese
6 eggs
Chives, to garnish

Method:

1. Cut the crusts off of 6 slices of bread and flatten slightly with a rolling pin.
2. Place 1 slice of bread into each cup of a greased muffin tray, pressing it into the sides of the cup.
3. Line the slice of bread with a spoonful of baked beans, a slice of cooked bacon, cheese and crack an egg on top
4. Bake at 180°C for 15 minutes or until the egg is cooked through.
5. Serve the breakfast cup topped with chopped chives. ENJOY!

Mzansi-Style Breakfast Lasagne

Ingredients:

6 cups stiff pap
2 cans KOO baked beans in hot chakalaka sauce
12 slices of ham
2 cups of cheddar cheese, grated
6 eggs
Fresh basil leaves, to garnish
Roasted vine tomatoes, for serving

Method:

1. Flatten the cooled pap into a rectangular baking dish.
2. Top this with a layer of ham, baked beans and grated cheddar cheese.
3. Repeat the layers 3 times ending with a very thin layer of cheese.
4. Bake at 180°C for 15 minutes then remove from the oven, add more cheese.

5. Using the back of a spoon create 6 wells in the top layer.
6. Crack the eggs into the wells and bake for another 15-20 minutes or until the eggs are cooked and the 'pap lasagne' is heated through.
7. Top with a handful of fresh basil leaves.
8. Serve with roasted tomatoes on the vine and ENJOY!