CHEESY BEANS ON TOAST BAKE

Serves 8
Hands-on time: 10 minutes
Hands-off time: 30 minutes

INGREDIENTS

1 tin (410g) Lucky Star Baked Beans in Tomato Sauce
1 tin (400g) Lucky Star Pilchards in Sweet Chilli Sauce
2 cups (250g) grated cheddar cheese
4 tbsp melted butter
6 slices white bread
1 medium eggs
½ tin (190g) evaporated milk
½ tsp each salt and pepper, to season

Serving suggestion:
Salad (dressed)
Fresh parsley

METHOD

1. Preheat the oven to 160°C and lightly grease a small 20x20 cm size baking dish.
2. Strain the tomato sauce from the Lucky Star Baked Beans. Pour the strained sauce into an ice tray and freeze into blocks. **Chef's Tip: The frozen tomato blocks can be used to flavour stews or curries.*
3. Pour the Lucky Star Pilchards in Sweet Chilli Sauce, strained baked beans and 1 cup of cheddar cheese into the dish and fold the ingredients together. **Chef's Tip: The philcards can be deboned if preferred.*
4. Brush the melted butter onto both sides of each bread slice. Slice the buttered bread in half diagonally. **Chef's tip: Garlic butter can be used for an extra garlic kick!*
5. Arrange the halved bread slices over the philcard mixture in the baking dish, sliced side down and slightly overlapping one another.
6. In a medium-sized bowl, combine the eggs and evaporated milk to create a savoury custard. Season with ½ teaspoon of salt and pepper and whisk until smooth.
7. Pour the custard mixture over the layered slices of bread. Sprinkle over the remaining cheese and bake for 15-20 minutes or until golden brown and set.
8. Allow the bake to cool for 5-10 minutes to set. Serve alongside salad greens, a sprinkling of chopped parsley and ENJOY!

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