



Beans & eggs.

SERVES 4

TIME: 3 HOURS 15 MINUTES

½ cup dried cannellini beans,
soaked overnight (as per
preparation guide on page 147)

extra-virgin olive oil

1 large onion, diced

1 large red capsicum,
coarsely chopped

1 dried chilli

3 garlic cloves, crushed

1 tablespoon ground cumin

1 tablespoon sweet paprika

1½ teaspoons ground black pepper

1 teaspoon ground cinnamon
or 1 cinnamon stick

1 teaspoon ground turmeric

½ teaspoon ground coriander

2 bay leaves

500 ml (2 cups) passata
(see page 221)

300 g fat hen (see page 84),
leaves picked and coarsely
chopped or any other dark,
leafy green (see note)

2 teaspoons unrefined sugar
(e.g. rapadura)

½ teaspoon unrefined salt

4 eggs

1 lemon

3 parsley sprigs, stalks and all,
finely chopped

This is our combination of what we consider two of the best breakfast dishes there are: baked beans and shakshuka. I first ate shakshuka when a friend made it for me in northern Israel as a hangover cure. The sharpness and spice of the shakshuka sauce paired with the deep savoury yolkeness of the egg was just magic. Adding white beans into the mix goes so well that I'm surprised it's not the way this classic breakfast has always been made! Use the reddest red passata you've got for this one – the colours in the finished dish are magnificent! We make the beans the day or night before and then just bake them in the morning – so easy if you're moving a little slower than usual. – MATT

Drain and rinse the beans.

Heat a splash of oil in a cast-iron pot over a medium heat. Sauté the onion, capsicum and chilli until the onions are soft but not yet brown. Add the garlic, spices and bay leaves and stir well. Cover and cook for 2–3 minutes until fragrant, stirring occasionally (it's okay if everything sticks a bit at this stage – just add a little more oil if it's too dry).

Add the beans, stir well, cover and leave for another 2–3 minutes. Add enough water to *just* cover the beans, stir well and bring to the boil. Reduce to a simmer, cover and cook until the beans are butter-soft (about 2½–3 hours).

When the beans are ready, remove the pot from the heat and stir in the passata, fat hen, sugar, salt and 2 tablespoons of oil. At this point we usually leave the beans to cool, and then pop them in the fridge to bake the following morning – but feel free to head straight into baking.

Preheat the oven to 180°C fan-forced.

You can either distribute the beans and gravy into four mini cast-iron pots or ramekins, or place in one deep, ovenproof frying pan. Bake uncovered for 45 minutes.

Remove the pots from the oven and gently crack an egg into each one (or crack all eggs into the one pan) and bake uncovered until the eggs are just set, about 6–7 minutes. Serve steaming hot with a little squeeze of lemon and parsley sprinkled on top.

Notes.

Fat hen can be replaced with any other deep and strongly flavoured cooking green, like silverbeet/chard, spinach, warrigal greens, collard greens or kale.

For a vegan version of this recipe, simply omit the eggs.

