



BREAKFAST BEAN RAGOUT WITH POACHED EGG

Turn on the oven grill, place vine tomatoes in an oven tray, and lightly drizzle with oil and sprinkle with Maldon salt. Put it under the grill and allow to blister. Place mushrooms in the tray, drizzle with olive oil and sprinkle with Maldon salt, and put under the grill for about 5 minutes. Fry bacon in a pan or under the grill until crispy. Chop to make bacon crumbs.

In a medium pot, add oil to lightly coat the base. Add beans and chickpeas, and cook over medium to low heat. Once heated through, add chilli and cook for a further 2 minutes. Deglaze the pot with sherry vinegar. Then add vegetable stock and allow to reduce by half. Add cream and parsley, and season to taste.

Either blanch the spinach in boiling water for 30 seconds or wilt in a hot pan with a touch of oil or water. Season to taste.

To poach eggs, fill a saucepan about two-thirds full with water and bring to the boil. Turn the heat down - you want the water to simmer. Break eggs one at a time into a shallow bowl and ease into the water. Simmer for 3 to 5 minutes, then use a slotted spoon to lift eggs out of the water. Drain in the spoon on a paper towel. Season to taste.

To finish off, ladle bean ragout into 2 bowls. Top each with 3 blistered tomatoes, 3 brown mushrooms, wilted spinach and a sprinkle of bacon crumbs. Top with a poached egg.

Serves 2

6 vine tomatoes
olive oil
Maldon salt to taste
6 brown mushrooms, stalks removed and peeled
5 slices streaky bacon
100 g tinned cannellini beans
100 g tinned red kidney beans
100 g tinned chickpeas
chilli, chopped, to taste
40 ml sherry vinegar
150 ml vegetable stock
150 ml cream
small handful of parsley, chopped
50 g spinach, thinly chopped
2 fresh eggs
salt and pepper to taste