

O'Dwyer's Pork Chipolatas & Bacon Brunch

with Homemade Beans & Sourdough Toast

Grab your Meal Kit
with this symbol



Garlic



Brown Onion



Cannellini Beans



Tinned Cherry Tomatoes



Tomato Paste



Louisiana Spice Blend



Pork Chipolatas



Bacon



Sourdough Loaf



Parsley

 Hands-on: 20 mins
Ready in: 35 mins

Moya O'Dwyer is our beloved recipe developer, who brings a dash of Irish flair to our office. Enjoy spiced homemade beans, golden bacon and our tasty pork chipolatas. It's time to bust out the pots and pans and whip up some of her brunch favourites. Thanks Moya!

Pantry items

Olive Oil, Butter, Eggs

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	refer to method
olive oil*		
garlic	2 cloves	
brown onion	½	
cannellini beans	½ tin	
tinned cherry tomatoes	1 tin	
tomato paste	1 packet	
Louisiana spice blend	1 sachet	
water*	½ cup	
butter*	20g	
pork chipolatas	1 packet	
bacon	1 packet	
eggs*	2	
sourdough loaf	1 loaf	
parsley	1 bag	

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3095kJ (740Cal)	487kJ (116Cal)
Protein (g)	36.8g	5.8g
Fat, total (g)	30.5g	4.8g
- saturated (g)	13.6g	2.1g
Carbohydrate (g)	72.9g	11.5g
- sugars (g)	12.4g	2g
Sodium (mg)	2268mg	357mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** and **brown onion** (see ingredients). Drain the **cannellini beans** (see ingredients) and **tinned cherry tomatoes**.



Cook the homemade beans

In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **cannellini beans**, **tomato paste**, **Louisiana spice blend** and the **water**. Bring to the boil, then reduce to simmer until slightly thickened, **2-3 minutes**. Remove from the heat, then stir through the **butter** until melted. Cover to keep warm.



Bake the chipolatas & tomato

While the beans are cooking, place the **pork chipolatas** and **tomatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until cooked through, **10-15 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Cook the bacon

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **bacon**, turning, until golden, **4-5 minutes**. Transfer to a plate lined with paper towel.



Fry the eggs

Return the frying pan to a high heat with a drizzle of **olive oil** if necessary. Crack the **eggs** into the pan and cook until the egg whites are firm and the yolks are cooked to your liking, **2-3 minutes**. Meanwhile, thickly slice the **sourdough loaf**. Toast or grill the bread to your liking.



Serve up

Roughly chop the **parsley**. Divide the chipolatas and bacon between plates. Serve with the homemade beans, fried egg, cherry tomatoes and sourdough toast. Sprinkle with the parsley.

Enjoy!