Boosted Beans on Toast

1 serving   383 **Kcal / serving**

Ingredients

- 200g - **Tin baked beans**
- 1 (40g) - **Slice wholegrain sourdough loaf**
- 10g - **Butter, at room temperature**
- 1 heaped teaspoon (7g) - **Toasted sesame seeds**

The Method

Pour the beans into a small pan and cook over a low heat for 2-3 minutes until piping hot, stirring occasionally.

Toast the bread and spread with the butter. Arrange on a plate and spoon over the hot baked beans. Scatter the sesame seeds on top to serve.

Ⓥ Suitable for vegetarians