



# Spicy Beans on Toast

## Ingredients:

- 1 tin of beans
- 1 slice of bread
- a pinch of herbs
- a pinch of chilli flakes
- butter (optional)

You could also add cheese,  
mustard or paprika!

## Method:

1. Add your beans to a pan and cook through until piping hot, stirring occasionally.
2. Whilst cooking, add your chosen herbs and chilli flakes.
3. Toast your bread to your preferred colour, then if adding butter, spread it onto your toast.
4. When the beans are cooked through, pour on top of your toast. Add extra herbs and chilli flakes if desired.