

White beans, slow-roasted tomatoes and herbs on sourdough toast

PREP TIME

5 mins

COOK TIME

1 h 25 mins

SERVES

4

Ingredients

500g / 17 oz ripe tomatoes - a mix of heritage if available
6 tbsp extra virgin olive oil, plus extra to serve
4 garlic cloves, bashed
1 tbsp fresh oregano
2-3 tbsp red wine vinegar, to taste

For the beans

1 can of 400g haricot or butter beans
2 tbsp extra virgin olive oil
½ small garlic clove, chopped
zest of a lemon
small handful basil leaves, torn
1 tbsp chopped parsley leaves

To serve

4 slices sourdough
dash of olive oil

All you need is a can of beans, and a bit of time to prep the tomatoes for the oven. You can almost forget about the tomatoes while they slowly soften. Make enough to stir through some pasta the following day. If you want to use dried beans, soak them the night before cooking and boil for 45 minutes the next day; save a little of the liquor for when you crush them.

1. Preheat oven to 150°C/fan 130°C/gas mark 2. Place the tomatoes in a baking tray, pierce with a knife, season well and toss with the garlic cloves, 6 tbsp olive oil, and oregano. Roast for 1 hour 15 minutes, until the tomatoes are thoroughly soft, but still holding shape. Stir through the red wine vinegar into the roasting juices. Season to taste.
2. Carefully squeeze the soft garlic flesh from its skins into a bowl. Stir through the white beans. Season to taste.
3. In a pan, heat the remaining 2 tablespoons olive oil. Add the chopped garlic and fry for 30 seconds. Add the roasted garlic and bean mix and toss through to warm with a little of the tomato juices. Press some of the beans with the back of a wooden spoon. Season well and add the lemon zest and herbs.
4. Toast the bread and serve onto 4 plates. Drizzle over extra virgin olive oil. Top each toast with the white beans and liberally spoon on the tomatoes. Serve drizzled with a little more olive oil.