I have made this dish because my mum and I have made it before and I love it every time. It is also from a cookbook that I like to cook from and it is a healthy dish. I hope you enjoy it as much as I do.

Bean & tomato casserole with parmesan toasts

Serves 4

Ingredients:

350g borlotti beans

Extra virgin olive oil

Plus some for drizzling

25g butter

1 large onion thinly sliced

15 - 20 fresh sage leaves, sliced

2 large garlic cloves, thinly sliced

1 tbsp tomato puree

800 canned chopped tomatoes

300 ml vegetable stock

4 tbsp chopped fresh flat leaf parsley

Parmesan cheese

8 thin slices ciabatta, toasted

Sea salt

Pepper

Method:

1. Heat the oil and butter in a large pan. Add the onion and sage and fry for 5 minutes, until the onion is translucent. Add the garlic and fry for 2 minutes, until just coloured.

2. Add the tomato puree and fry for one minute.

3. Stir in the tomatoes. Drain the beans and then add them along with the stock and season with salt and pepper. Bring to the boil. Then reduce the heat and simmer for 20 minutes, partially covered.

4. Add the parsley and half the cheese.

5. Ladle the beans into shallow soup plates. Top each plate with 2 slices of toasted ciabatta. Drizzle the bread with the remaining oil and sprinkle with cheese.

6. Garnish with sage sprigs and serve immediately.

