

Fill a small pan with water to a depth of about 3 inches or 8 cm.	Bring the water to the boil.	As the water comes to the boil, add a dessert-spoon of vinegar and turn the heat down so the water is just simmering.
Gently add the eggs to the simmering water and continue to simmer for about 3 minutes.	Lift the eggs carefully out of the water with a slotted spoon and gently place on the toast.	Put two slices of bread to toast in the toaster.
Put two slices of toast on the plate.	Open the can of beans and put as much as you want into a small pan.	Bring the beans to the boil and simmer gently until everything else is ready - but don't let them get too dry.