

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

