Green Bean Egg Crumb Bake

One 8-inch/20 cm egg-and-green-bean bake, four light portions · Active 25 min · Total 1 hr 15 min

Skills: Draining canned vegetables before setting a shallow egg filling under a light crumb layer

Ingredients

• 2 cans plain green beans, about 14 1/2 oz/411 g net each, drained (460 g total drained)

• 4 large eggs

• 1 1/4 cups milk (300 ml)

• 1/4 teaspoon fine salt (1.5 g)

• 1/4 teaspoon black pepper (0.5 g)

• 1/2 teaspoon dried thyme (0.5 g)

• 1 cup plain dry bread crumbs (80 g)

• 2 tablespoons neutral oil (30 ml), divided: 1 teaspoon/5 ml for dish and remainder for crumbs

Set out

8-inch/20 cm square baking dish, at least 2 qt/2 L, Strainer, Mixing bowl and whisk, Small crumb bowl, Food thermometer

Allergens

egg, milk, wheat. Check labels and substitutions.

Make it

1. Heat oven to 375°F/190°C. Grease dish with 1 teaspoon/5 ml oil. Drain green beans thoroughly, cut long pieces shorter and spread evenly in the dish.

2. Whisk eggs, milk, salt, pepper and thyme until combined. Pour over the beans. Mix bread crumbs with the remaining oil and scatter lightly across the surface without pressing.

3. Bake for 30–40 minutes until the filling is fully set and its center reaches at least 160°F/71°C. Cover loosely with foil if crumbs color before the center cooks.

4. Rest for 5 minutes and spoon the whole bake into four light portions.

Not condensed soup

The filling is measured milk and eggs. A condensed soup can would bring different salt, thickness and allergens and is not an identical substitution.

Ingredient labels

Eggs supply egg, milk supplies milk and ordinary bread crumbs supply wheat. Some crumbs add sesame, soy or further milk; check actual labels.

A useful detail

The 75-minute total includes draining and preparation, up to 40 minutes baking and the serving rest. A smaller deeper dish changes the center heating time.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled portions for up to 1 month and thaw in the refrigerator, although the egg filling may release a little water and the crumb surface softens.