

TOAD IN THE HOLE



INGREDIENTS

Serves 3 -

6 x reduced-fat pork sausages (or 9 heck chicken sausages)

2 x eggs

30g plain flour

75ml skimmed milk

salt and pepper

low calorie cooking spray

For the gravy

1 medium carrot

1/2 onion, peeled and diced

1 medium potato, peeled and diced

600ml water

2 beef or chicken stock pots

4 drops of gravy browning

PREP TIME

Prep time - 5 mins

Cook time - 35 mins

355 calories per serving

HOW TO COOK:

- 01** Preheat the oven to 200°C. Bake the sausages on an oven tray for 10 minutes until they are not quite cooked and only slightly browned.
- 02** Meanwhile, make the batter. In a bowl whisk the eggs, flour, milk and salt until smooth. Season and set aside in the fridge.
- 03** Now start on the gravy. Put the carrot, onion and potatoes in a saucepan with the water. Bring to the boil then simmer for about 25 minutes, or until the vegetables are cooked.
- 04** Remove the sausages from the oven, set aside on a plate then turn up the oven to 230°C. Spray the oven tray with a generous amount of fry light and put in the oven until it starts to foam (about 5 min). Place the sausages in the hot tray, give the batter a quick stir and pour it into the tray with the sausages. Bake for 10 mins, then turn the oven down to 220°C and cook for a further 5-10 min.
- 05** Stir in the stock pots and gravy browning into the vegetables until dissolved, then blitz with a hand blender until smooth. When the batter is risen, nicely browned and crisp, remove from oven and serve with the gravy.

