



FIT FAST COOK

HOMEMADE IS HEALTHY

Mini Toad in Hole



Serves	Prep Time	Cooking	Total Time	Calories
6 people				409 kcal

Stuff that's in it:

- 2 Packs (36) Mini Pork Sausages
 - 4 Large Eggs
 - 140G Plain Flour
 - Fry Light For Greasing
- 2 Tsp Fresh Thyme (Finely Chopped)
 - 180Ml Skimmed Milk

What you do:

Pre heat your oven to 180°c

Bake your mini sausages for 20 minutes, drain the fat and set aside.

Turn oven up to 220°c

Take a large deep baking dish, grease all over lightly with spat oil and pre heat.

Add the flour and fresh thyme to a large bowl, crack your eggs in , whisk, then add the milk and whisk as you go until light and bubbly.

Add the batter to the large baking dish , allow to sizzle then place the little sausages in groups of 6 all over

and pop into the oven for 25 minutes until golden and risen. Slice into 6 portions.

Serve with veg and gravy.

For lower fat option use cooked low fat sausage, this tastes amazing though ☐

Nutrition

- Carbs: 18g
- Fat: 27g
- Protein: 21g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com