

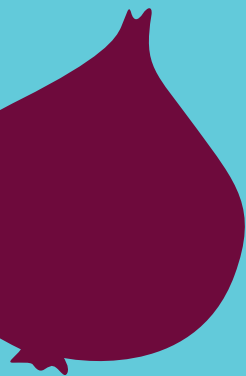
**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM



This week, let's fill up on...

TOAD IN THE HOLE



46

TOAD IN THE HOLE



INGREDIENTS

- 8 reduced-fat pork sausages
- 3 red onions
- 1 mug of flour
- 1 mug of eggs (approx. 4-6 eggs)
- 1 mug of milk
- A pinch of English mustard powder
- 2 tbsp vegetable oil



Don't be scared of Yorkshire Pudding - this is the easiest way ever to make this family classic. Simple but tasty – so come on and get stuck in.

METHOD

01

Whack the oven on at 220C.

04

Remove the roasting tray from the oven and carefully pour the batter over the sausages and onion. Return to the oven and cook for 30-40 minutes, until risen and golden brown. The batter should be cooked through to the centre. Don't be tempted to open the oven!

02

Peel the onions and cut into quarters, leaving the root at the bottom intact. Pop these in a high-sided roasting tin. Add the sausages to the tray with the onions. Drizzle over the vegetable oil and cook in the hot oven for 10-12 minutes.

05

Once cooked, portion it up onto plates and, if you like, serve with gravy and veg.

03

Meanwhile, using the same mug to measure each ingredient, put the flour in a large bowl with a pinch of mustard powder. Next crack the eggs into the same mug, then add this to the flour and whisk together. Gradually pour in the milk, whisking together to form a batter.

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