

**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM



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

BAKED BEAN FOOTBALLS



49

BAKED BEAN FOOTBALLS

24 BALLS

COOKING 1H 30

(+30M COOLING)



INGREDIENTS (MAKES 24 BALLS)

- 2 medium baking potatoes
- 1 tin of baked beans
- 50g cheddar cheese
- 3 wheat biscuits
- 2 tbsp plain flour
- 2 eggs
- 1 tbsp vegetable oil



Fun to make, and just as fun to eat! These little snacks are a great way to feed a peckish crowd.

METHOD

01

Whack the oven on at 180C. Put the potatoes on a baking tray and cook in the hot oven for 1 hour, or until the potatoes are soft. Meanwhile, tip the baked beans into a saucepan over a low heat and stir frequently for 15-20 minutes, until the sauce has reduced and the beans are really soft. Remove from the heat and pour the beans into a bowl.

04

Into a bowl, crush the wheat biscuits to make fine crumbs with your hands. Into a second bowl, add the flour, and then into a third bowl crack the eggs and beat them with a fork.

02

Once the potatoes are cooked, cut them in half while they are still warm and scoop the flesh out with a spoon. Add this to the bowl with the beans and then grate the cheese and add this too, then mix it all together. Pop the mixture in the fridge to chill for 20-30 minutes.

05

Grease a baking tray with the vegetable oil. Then, one at a time, coat each ball first in a little flour, then dip it into the beaten egg, and finally roll it in the wheat biscuit crumbs. Pop them on the oiled tray and roll them around a bit to lightly coat in the oil. Repeat this process for each ball.

03

Once the mixture has cooled and firmed up, ball it into 24 bite-sized pieces. Pop them on a plate and leave to one side, then turn the oven temperature up to 220C.

06

Place the baking tray in the hot oven and cook for 6-8 minutes, turning halfway through, until the outside is crisp and golden brown.



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Supported by Facebook, Instagram and the Child Food Poverty Taskforce

Find out about the Healthy Start Voucher Scheme at www.endchildfoodpoverty.org

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