

# Lunch

## RECIPE CARD

### Toad in The Hole (Serves 4)

RECIPE NAME

Lunch

MEAL TIME

5 minutes

PREP TIME

30 minutes

TIME TO COOK

One of the nation's favourite for comfort meals but this one is definitely calorie friendly

NOTES

Approx 263kcal  
per serving

CALORIES

## INGREDIENTS

- ★ 8 low-fat Pork Sausages
- ★ 40g Plain Flour
- ★ 3 Eggs
- ★ 100ml Skimmed Milk
- ★ low-calorie Cooking Spray
- ★ Pinch of Sea Salt

## METHOD



Preheat the oven to 200°C  
Cook the sausages in the oven for 10 minutes until they are not quite cooked and only slightly browned



While the sausages are cooking, begin to make the batter in a bowl, whisking the eggs, flour, milk and salt until there are no lumps, set aside in the fridge



Remove the sausages from the oven and then turn it up to 210°C. Spray the oven tray with a decent amount of low-calorie cooking spray before placing it in the oven until it starts to foam (*around 5 minutes*)



Place the sausages in the pre-heated tray, give the batter a quick stir and pour it into the tray covering the sausages



Cook at 210°C. Do not open the oven door, but after about 10 minutes turn the oven down to just under 200°C and allow to cook for another 5 - 10 minutes (*you should be able to take a look after about 15 minutes*)



When the Yorkshire Pudding has risen and is nicely browned and crisp, remove it from the oven and serve!