

***Toad in the Hole***



***Ingredients:***

***For 4 people-***

***450g pork sausage***

***4 tbsp vegetable oil***

***110g plain flour***

***5g Salt***

***2 eggs***

***150ml milk***

***150ml water***

***Sift the flour with the salt into a bowl. Make a hollow in the centre of the flour and break the eggs into it.***

***Using a whisk, gently mix the eggs and the flour, adding just enough milk and water to create a thin paste. Now add in the rest of the liquid. Leave this to rest in the fridge for 30 minutes.***

***Preheat the oven to 220°C/ 425°F/gas mark 7.***

***Heat 1 tablespoon of the oil in a frying pan and fry the sausages until lightly browned all over.***

***Heat the remaining oil in a roasting pan and when hot add the sausages and pour in the batter.***

***Bake for 40 minutes or until the batter has risen and the sausages are brown.***



### *Nutritional analysis in relation to GDA\**

INGREDIENTS				
Pork sausages (41%), Water (14%), Semi-skimmed milk (14%), Vegetable oil (11%), Wheat flour (10%), Eggs (9%), Salt.				
NUTRITION INFORMATION				
Typical values	Per 100g	Per 271.3g Serving	Adult GDA	% GDA
<b>ENERGY</b>	<b>1125 kJ</b>	<b>3052 kJ</b>		
	<b>270 kcal</b>	<b>734 kcal</b>	<b>2000 kcal</b>	<b>37%</b>
<b>PROTEIN</b>	<b>7.8g</b>	<b>21.2g</b>	<b>45g</b>	<b>47%</b>
<b>CARBOHYDRATE</b>	<b>11.4g</b>	<b>31.0g</b>	<b>230g</b>	<b>13%</b>
of which <b>SUGARS</b>	<b>2.0g</b>	<b>5.3g</b>	<b>90g</b>	<b>6%</b>
<b>FAT</b>	<b>21.9g</b>	<b>59.4g</b>	<b>70g</b>	<b>85%</b>
of which <b>SATURATES</b>	<b>5.3g</b>	<b>14.4g</b>	<b>20g</b>	<b>72%</b>
<b>FIBRE</b>	<b>1.1g</b>	<b>2.9g</b>	<b>24g</b>	<b>12%</b>
<b>SODIUM*</b>	<b>0.6g</b>	<b>1.5g</b>	<b>2.4g</b>	<b>64%</b>
*equivalent as <b>SALT</b>	<b>1.4g</b>	<b>3.8g</b>	<b>6g</b>	<b>64%</b>

*\*GDA: Guideline Daily Amount*