

Toad in the hole, with roast parsnips, sweet potato mash and green vegetables

Serves 10

Ingredients	
20 (400g) 70% meat chipolata sausages, sliced lengthways	4 (600g) large parsnips, peeled and chopped for roasting
3 eggs	500g sweet potatoes, peeled and diced for mashing
200g plain flour	400g green vegetables
275ml milk	15ml Sunflower oil

- METHOD:
- Pre heat the oven to 180c, 350F, Gas 4.
- Pour a little oil into two oven proof dishes, once hot, add the sausages to one dish and cook for 15 minutes.
- At the same time add the parsnips to the other dish and roast in the oven for approx. 30 minutes.
- Make the batter using the eggs, flour and milk. Whisk well and then pass through a sieve to remove any lumps if necessary.
- Turn the oven up to 200c, 400F, Gas 5. Remove the sausages from the oven and pour the batter over them. Place the dish straight back in the oven.
- Cook for 15 minutes then reduce the temperature to 170c, 340F, Gas 4 and cook for a further 15 mins.
- Meanwhile, prepare the mashed sweet potato and cook the green vegetables.
- If preferred, prepare individual Yorkshire Puddings, rather than 1 large Toad.



- ✓ COOK'S TIP - FOR PUREE DIETS, MAKE EXTRA SWEET POTATO AND GREEN VEGETABLES
- ✓ FOR VEGETARIAN DIETS, USE VEGETARIAN SAUSAGES
- ✓ FOR WHEAT FREE DIETS, USE PLAIN WHEAT FREE FLOUR
- ✓ FOR EGG FREE DIETS, USE EGG REPLACER
- ✓ FOR DAIRY FREE DIETS, USE SOYA MILK

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
356	11	21	33	4.2	1	2	110