

Vegetarian toad in the hole *Week 4*

Ingredients

- 1 tbsp olive oil
- 2 vegetarian sausages
- 3 level tbsp plain flour
- 1 small egg
- 6 tbsp whole milk
- salt and freshly ground black pepper
- 1 heaped tsp vegetable gravy granules, to serve
- 55g/2oz frozen peas, to serve

Method:

Preheat the oven to 240C/220 Fan/Gas 9.

Heat the oil in a small frying pan and fry the sausages until browned on all sides, about 3-5 minutes.

Put the flour in a bowl, season with salt and pepper and make a well in the centre. Crack in the egg and pour in the milk, then whisk until combined and free of lumps.

Preheat a cupcake tray in the oven. When it is hot, drop the sausages into separate cupcake holes.

Pour the batter around the sausages and bake for 15-18 minutes, or until golden-brown and risen.

Meanwhile, make the gravy and boil the peas according to the packet instructions. Serve immediately with the toad in the hole.