



Quorn Toad in the Hole

Recipe from wwf.org.uk

Serves 4 – Intermediate – 40 minutes



Ingredients

- 1 pack Quorn Meat Free Sausages
- 300g of mixed root vegetables, peeled & diced
- 1/2 red onion, sliced
- 2 tbsp of oil
- 6 heaped tbsp of plain flour (50g)
- 3 large eggs
- 200mls skimmed milk
- 2 tsp baking powder



Method

1. Pre-heat oven to 200oC (400oF/Gas Mark 6)
2. Bring a pan of water to the boil and par cook the root vegetables for 7 minutes, drain & set aside
3. Pre-heat the oil in an oven proof dish and add the sausages, red onion & root vegetables & roast for 5 minutes
4. Place the flour into a mixing bowl now add the eggs and beat to a smooth paste, gently add the milk, baking powder and thyme (optional) and whisk vigorously
5. Pour the mixture over the sausages and vegetables and cook for 28 minutes Serve with onion gravy



Greenhouse Gasses

Total overall recipe 2.68kg CO₂e

Total per serving 670g CO₂e

Per serving equivalent to driving 2.25 miles in an average UK petrol car

