















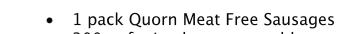
Quorn Toad in the Hole

Recipe from wwf.org.uk

Serves 4 - Intermediate - 40 minutes



Ingredients



- 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



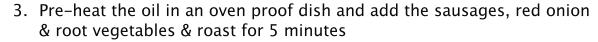


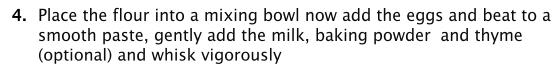


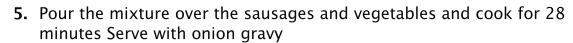


Method

- 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













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





















