

# Toad in the Hole

## Per Portion

**811.5** Calories

**41.5g** Protein

**80.75g** Carbs

**42.75g** Fat



## Ingredients

- 8 pork sausages
- 140g plain flour
  - 2 eggs
  - 175ml milk
  - 2 tbsp oil
- Salt and pepper

### For the creamy roast potatoes and root vegetables

- 500g potatoes
  - 2 carrots
  - ½ swede
- 2 tbsp butter
- 2 tbsp milk

## Method

1. Preheat the air fryer to 180c
2. Place the sausages in a single layer in the air fryer basket and cook for 5 minutes. In a mixing bowl, whisk together the flour, eggs, and milk until smooth. Season with salt and pepper.
3. Once the sausages have cooked for 5 minutes, remove the air fryer basket, and pour the batter over the sausages.
4. Return the air fryer basket to the air fryer and cook for a further 15 – 20 minutes until the batter has risen and has turned golden brown.
5. Remove from the air fryer and serve hot with mashed root vegetables.
6. Mashed potatoes and root vegetables.

### Lets make the creamy roast potato and root vegetables

1. Peel the potatoes, carrots and swede and cut them into small bite-sized pieces. Wrap them in foil and place in the air fryer for 25 minutes at 200C.
2. Remove the foil and add the butter and milk and stir well.
3. Cook for another 15 minutes until the veg is soft.
4. Take the veg out of the air fryer and drain away any leftover liquid.
5. Serve with the toad in the hole.

*\*This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*