



ARE YOU OK? Food for thought | Week 5

Veggie Toad in the Hole

A veggie-friendly twist on an ultimate comfort food classic. If you don't like vegetarian sausages, you can always swap for meat!

What you'll need...

- 2 parsnips. 38p
- 2 carrots. 12p
- 2 red onions. 42p
- 6 Cauldron vegetarian sausages. £2.50
- 2 sprigs rosemary. 70p
- 2 tsp olive oil. £1.30
- 75g plain flour. 55p
- 200ml skimmed milk. 45p
- 1 egg. 89p
- 150g cherry tomatoes. 53p
- 500g baby potatoes. 89p
- 2 sprigs thyme, leaves only. 70p
- 1 tbsp chopped parsley. 70p
- 300g frozen garden peas. 76p

Total: £10.89

Serves: 5-6

Veggie Toad in the Hole



How to do it...

1. Preheat the oven to 220C/200C Fan/Gas 7.
2. Peel the parsnips and carrots, then cut into quarters lengthways. Cut the red onions into quarters.
3. Toss the parsnips, carrots, onions, sausages, rosemary and oil in a medium-sized ovenproof dish and roast them for 15 minutes.
4. Meanwhile, whisk together the flour, milk and egg until smooth.
5. Remove the dish from the oven, pour in the batter and top with the tomatoes. Return to the oven for 20-30 minutes until golden and risen.
6. For the potatoes, put them in a pan of cold water, boil, then simmer for 20-30 minutes until soft. Drain and return to the pan. Add the herbs, then crush with the back of a spoon.
7. Boil some water and put it in a pan over a medium heat. Put in as many frozen peas as you like, and cook for 2-3 minutes.
8. Serve and enjoy!

