



Mini toad-in-the-holes

 Popular

READY IN



55 min.

SERVINGS



12

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 24 little wieners uncooked
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 3 eggs (this will be 150ml)
- ☐ 150 ml flour plain
- ☐ 150 ml milk
- ☐ 12 small rosemary
- ☐ 3 tbsp onion red
- ☐ 1 tbsp flour plain

- ☐ 1 tsp ground mustard
- ☐ 1 tablespoon catsup
- ☐ 500 ml bouillon cubes with 1 stock cube
- ☐ 1 small soya sauce

Equipment

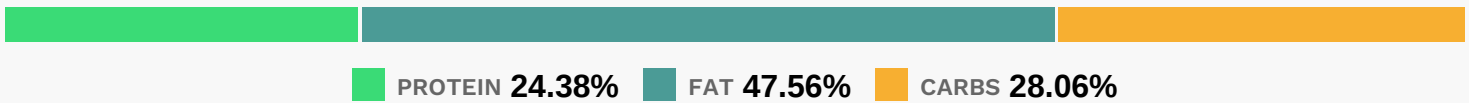
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ muffin tray
- ☐ kitchen scissors

Directions

- ☐ KIDS the writing in bold is for you. GROWN-UPS the rest is for you.
- ☐ Cut the sausages with scissors.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ If the sausages are linked, get your child to use a pair of scissors to cut them into single sausages.
- ☐ Count the sausages.
- ☐ Place 2 sausages in each hole of a 12-hole muffin tin and go through all the maths this involves two times table, counting up in twos etc.
- ☐ Drizzle each set of sausages with a little oil. Children from about seven upwards can now place the tin in the oven for 20 mins until the sausages have browned, getting a grown-up to turn the sausages halfway through.
- ☐ Crack some eggs. Over a small bowl, get the child to hold the egg in one hand, then tap it with a cutlery knife until it just cracks. Then get them to put down the knife and open the egg into the small bowl. You can now check for any bits of shell before tipping it into a larger bowl. Repeat with all the eggs this should keep them busy.

- ☐ Make a batter. Get the child to measure 150ml flour in a measuring jug and tip into a bowl with the mustard powder. Make a well in the centre and beat in the eggs. Measure the milk.
- ☐ Pour in the milk. Gradually pour the milk into the batter get the child to whisk well between each addition until you have a mix that is the consistency of double cream. Season.
- ☐ Pour the batter back into the jug.
- ☐ Sizzle the batter.
- ☐ Remove the sausages from the oven and place on a heatproof surface. Very carefully, and making sure that they dont touch the hot tin, get the child to pour the batter over the sausages and throw a sprig of rosemary into each hole. Only get children aged seven upwards to do this. A grown-up needs to place them back in the oven.
- ☐ Cook in the oven. Leave the batter to cook for 15 mins undisturbed. But if your oven has a clear glass door, let the kids watch the batter rise.
- ☐ Remove the tin from the oven. Leave to cool for a few mins, then serve with gravy, mash and vegetables.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:4.29, Inflammation Score:-2, Nutrition Score:7.1621737946635%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 198.91kcal (9.95%), Fat: 10.49g (16.13%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 13.62g (4.95%), Sugar: 7.36g (8.18%), Cholesterol: 55.65mg (18.55%), Sodium: 10220.79mg (444.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.09g (24.19%), Selenium: 17.95µg (25.64%), Phosphorus: 177.13mg (17.71%), Vitamin B2: 0.21mg (12.21%), Manganese: 0.22mg (11.23%), Vitamin B1: 0.15mg (10.33%), Vitamin B12: 0.58µg (9.74%), Iron: 1.73mg (9.59%), Vitamin B3: 1.86mg (9.28%), Folate: 32.91µg (8.23%), Magnesium: 29.63mg (7.41%), Vitamin E: 1.11mg (7.41%), Potassium: 250.83mg (7.17%), Vitamin B6: 0.12mg (6.03%), Calcium: 52.58mg (5.26%), Zinc: 0.71mg (4.72%), Vitamin B5: 0.38mg (3.79%), Copper: 0.06mg (2.91%), Vitamin D: 0.36µg (2.41%), Vitamin A: 90.34IU (1.81%), Fiber: 0.31g (1.22%)