



Sausage & stuffing toad-in-the-hole with onion gravy

READY IN



95 min.

SERVINGS



4

CALORIES



1024 kcal

SIDE DISH

Ingredients

- ☐ 140 g flour plain
- ☐ 1 tsp dijon mustard english
- ☐ 3 large eggs
- ☐ 300 ml milk
- ☐ 4 tbsp unrefined sunflower oil
- ☐ 2 large onion sliced
- ☐ 85 g bread stuffing mix
- ☐ 1 small handful sage chopped

- ☐ 8 sausage
- ☐ 2 tbsp flour plain
- ☐ 2 tbsp onion
- ☐ 2 tsp yeast extract spread
- ☐ 500 ml beef stock

Equipment

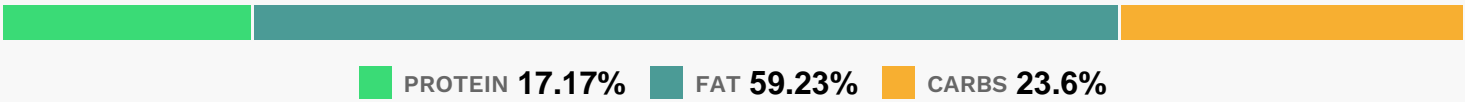
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk together the flour, mustard powder, eggs and milk with a good pinch of salt until smooth. Leave to rest for at least 30 mins.
- ☐ Heat 1 tbsp of the oil in a small pan.
- ☐ Add the onions with a pinch of salt and cook for 10–15 mins until really soft. Meanwhile, make up the stuffing following pack instructions, adding the sage. Scoop out a quarter of the onions and add these to the stuffing mixture, too leave the rest in the pan for the gravy.
- ☐ Heat oven to 230C/210C fan/gas
- ☐ Shape the stuffing into 8 walnut-sized balls.
- ☐ Pour the remaining oil into a large roasting tin or dish and brush it all over the bottom and sides.
- ☐ Add the sausages and stuffing balls, and cook for 15 mins.
- ☐ Remove the tin from the oven, loosen the sausages and stuffing from the bottom of the tin if they are sticking, then pour over the rested batter. Return the tin to the oven on a middle-high shelf, but give it space to rise.
- ☐ Bake for 35–40 mins until puffed and golden dont be tempted to open the oven door any earlier or the batter might sink.
- ☐ While the toad-in-the-hole is cooking, make the gravy.
- ☐ Add the flour, onion chutney and Marmite to the onion pan and mix to a paste. Cook for 2 mins until bubbling, then pour in the stock, bit by bit, stirring continuously so it doesnt go

lumpy. Bubble for 5 mins and season if needed. Keep warm until ready to serve.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:24.42, Inflammation Score:-8, Nutrition Score:40.387391059295%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 1023.83kcal (51.19%), Fat: 66.74g (102.68%), Saturated Fat: 19.34g (120.9%), Carbohydrates: 59.84g (19.95%), Net Carbohydrates: 56.38g (20.5%), Sugar: 10.01g (11.12%), Cholesterol: 271.39mg (90.46%), Sodium: 1925.22mg (83.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.54g (87.08%), Copper: 8.04mg (401.79%), Vitamin B1: 1.74mg (116.32%), Vitamin B2: 1.43mg (83.99%), Vitamin B3: 16.66mg (83.28%), Folate: 257.37µg (64.34%), Selenium: 39.07µg (55.81%), Phosphorus: 520.25mg (52.03%), Vitamin E: 6.64mg (44.26%), Vitamin B6: 0.85mg (42.31%), Manganese: 0.78mg (38.8%), Vitamin B12: 2.22µg (36.93%), Zinc: 5.48mg (36.56%), Iron: 6.07mg (33.7%), Potassium: 1108.31mg (31.67%), Vitamin D: 3.81µg (25.41%), Vitamin B5: 2.49mg (24.95%), Calcium: 205.04mg (20.5%), Magnesium: 81.2mg (20.3%), Fiber: 3.46g (13.85%), Vitamin A: 457.33IU (9.15%), Vitamin C: 7.11mg (8.62%), Vitamin K: 2.58µg (2.45%)