



# TOAD IN THE HOLE

WITH CARAMELISED ONION GRAVY & STEAMED VEGGIES

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 50 minutes

Toad in the hole is the perfect winter warming meal. Step it up a notch with caramelised onion gravy and steamed veggies topped with feta and pinenuts.



## TOAD IN THE HOLE

- ☐ 2 tsp olive oil
- ☐ 6 large beef sausages (500g / 1lb 2oz)
- ☐ 1 cup self-raising flour (150g)
- ☐ 1/2 tsp mustard powder
- ☐ 1/2 tsp salt
- ☐ 2 eggs
- ☐ 200ml milk (just over 3/4 cup)
- ☐ 45g kale (1.6oz)
- ☐ 1/2 tsp dried rosemary
- ☐ 1/4 cup balsamic vinegar (60ml)
- ☐ 2 Tbsp brown sugar
- ☐ 2 beef stock cubes dissolved in 2 cups boiling water (500ml)
- ☐ 2 tsp cornflour mixed with 2 tsp cold water

## ONION GRAVY

- ☐ 2 large brown onions
- ☐ 2 cloves garlic
- ☐ 40g butter (1.4oz)
- ☐ 1/2 tsp dried thyme
- ☐ 2 Tbsp pinenuts
- ☐ 1 broccoli
- ☐ 1/2 a 400g can whole corn kernels, drained (1/2 a 14oz can)
- ☐ 1 1/2 cups frozen beans (150g)
- ☐ 50g feta cheese (1.8oz)

## VEGGIES

1. Preheat oven to 210°C (410°F) fan bake.
2. **PREPARE TOAD IN THE HOLE**  
Use the olive oil to grease a 23cm (9inch) round non-stick springform (leak-proof!) cake tin. Place the sausages in the tin and bake for 15 minutes.
3. Stir the flour, mustard and salt in a medium-large mixing bowl. Use an electric whisk to whisk in the eggs, then gradually add the milk, whisking all the time, until you form a smooth batter. Set aside.
4. Remove the hard stem from the kale and discard. Finely chop the kale leaves. Take the sausages out the oven and sprinkle kale over the top. Pour the batter into the hot tin and bake for 25 minutes, until risen and golden.
5. **TOAST PINENUTS & MAKE GRAVY**  
Meanwhile, slice onions and crush garlic. Heat a medium-sized frying pan over a medium-high heat. Toast pinenuts for the veggies in the dry frying pan, then set aside. Melt butter in the pan then add onions, garlic, thyme and rosemary. Cook for 5 minutes, until softened. Add vinegar and sugar, stir to combine and cook for 5 minutes, or until onions are starting to caramelise. Pour in the stock and cornflour mixture. Simmer for 10 minutes, until thickened.
6. **PREPARE VEGGIES**  
Chop broccoli into florets. Cook in the microwave, using a microwave steamer, for 2 minutes. Add the corn and beans and cook for a further 2-3 minutes, until tender. Sprinkle over the feta and pinenuts.
7. **SERVE**  
Remove toad in the hole from the oven, cut into wedges and serve with with onion gravy and veggies.



**WINE MATCH:** Try a Merlot.

## **TOAD IN THE HOLE RECIPE NOTES**

**GLUTEN-FREE OPTION:** Ensure sausages are gluten-free. Replace flour with gluten-free self-raising flour. Use gluten-free stock cubes (or ready-made liquid stock). Make sure cornflour is not wheaten cornflour.

**INGREDIENT SWAPS:** You can use pork sausages instead of beef, if preferred. You can leave out the mustard powder. Kale can be swapped for spinach. Ready-made liquid beef stock can be used instead of stock cubes, and beans can be substituted for carrots.

**STORING AND REHEATING:** Keep individual portions in containers in the fridge and reheat in the microwave as required.