



Exclusive recipe



Spiced onion toad in the hole

SERVES 3 **PREP** 10 mins plus 1 hr resting **COOK** 30 mins **EASY**

*We've given this family favourite a bit of a makeover by taking inspiration from onion bhajis to spice up the Yorkshire pudding batter. We've kept the sausages traditional, but you can easily make this with veggie sausages or remove them entirely for an easy vegetarian dinner. **Barney Desmazery***

1 large onion, finely sliced
1 tsp turmeric
½ tsp cumin seeds
¼ tsp chilli powder
small handful of coriander leaves,
chopped (optional)

1 green chilli, chopped
2 eggs
100g plain flour
100ml whole milk
3 tbsp sunflower oil
6 pork sausages

1 Tip the sliced onion into a large bowl and use your hands to scrunch together with the turmeric, cumin seeds, chilli powder and a generous pinch of salt, then leave to stand for 1 hr until the onions have softened. Add the coriander (if using) and chopped green chilli. Crack in the eggs and tip in the plain flour. Mix everything together until well combined, then gradually pour in the milk while continuing to mix the batter. Beat until smooth with no lumps remaining.

2 Heat the oven to 240C/220C fan/gas 9. Heat the oil in a large ovenproof frying pan or skillet over a medium-high heat. Sizzle the sausages for 5 mins, until browned on all sides. While the pan is still on the heat, pour the batter over the sausages. Transfer the pan to the oven and bake for 25-30 mins, until the batter is puffed up and golden, and the sausages are cooked through. Serve the toad in the hole with Indian chutneys, or alongside a roast.

PER SERVING 566 kcal • fat 34g • saturates 10g • carbs 41g • sugars 8g • fibre 5g • protein 22g • salt 1.5g