

EASY COOKING WITH YOUR CHILD
MINI TOAD IN THE HOLE



INGREDIENTS

SAUSAGES OR VEGGIE

SAUSAGES (QUORN)

150G PLAIN FLOUR

2 EGGS

150ML MILK

BROCCOLI

CARROTS

REMEMBER: NEVER
LEAVE A CHILD
UNATTENDED WHEN
COOKING

PARENT COOK
SAUSAGES IN
OVEN, PAN OR
AIRFRYER

MIX FLOUR, EGGS
AND MILK TOGETHER
WITH 110ML WATER

CHILD

GIVE IT A
GOOD STIR

CHILD

PUT MIXTURE
INTO CASSEROLE
DISH

CHILD

ADD SAUSAGES &
ROAST IN THE
OVEN FOR 20-
25 MINS

PARENT

SERVE WITH
VEGGIES!

