

SCOTCH EGGS

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INGREDIENTS

- 8 Eggs (hard boiled and peeled)
- 700g Low fat sausage mince (or your favourite low fat sausages with the skin removed)
- $\frac{3}{4}$ cup Plain flour
- 2 Eggs (beaten)
- 1 cup Breadcrumbs

METHOD

Lightly dust eggs with flour. Divide sausage meat into eight equal portions and press around the eggs. Dust sausage wrapped eggs into flour, dip into beaten egg and roll into crumbs. Heat oil to 180 C and cook scotch eggs for 4-5 minutes or until sausage meat is cooked and crumbs are browned. Lay on a paper towel to drain excess oil.