



OK Scotch Eggs are a bit fiddly to do at home, But hayho. We're good for a challenge, so we decided to see if we could get Chilli into the yoke as well!

Ingredients:-

(Per person)

1 Gluten free Sausage, skinned

1 egg

Herbs and spices to your liking to add to the Sausage meat

Gluten free Bread crumbs, again add herbs and spices as you wish

1 egg beaten

Chilli flakes

Method:-

- (1) Boil your egg(s) until very soft and remove into cold water.
- (2) Go to the shop and buy a lolly pop! The stick make a great tool....
- (3) While your eggs cool mix the herbs into your Sausage meat and Bread crumbs to taste.
- (4) Cut the lolly pop off the stick.
- (5) Very carefully remove the shell from the egg.
- (6) Use the plastic stick from your Lolly Pop to make a hole in the side of the egg down to the soft yoke.
- (7) Poke your Chilli flakes into the centre of the egg.
- (8) Heat the oven to 160c and a fryer to 160c
- (9) Coat the egg in Sausage meat by hand.
- (10) Roll in your beaten egg.
- (11) Coat in Bread crumbs.
- (12) Roll in egg again and e-coat in Bread crumbs.
- (13) Place in the oven for 20 minutes on parchment paper.
- (14) Remove the oven and fry until the coating is golden brown.
- (15) Enjoy the Chilli hit!