

## Scotch Eggs

### Ingredients:

- 8 boiled eggs
  - flour seasoned with salt and pepper
  - 500g sausage meat and mince meat
  - Dash of BBQ Sauce or Worcestershire Sauce
  - finely chopped 2 spring onions,
  - finely chopped 2 tbsp fresh parsley, (or any other fresh herb from your garden)
  - Salt and pepper
  - 1 beaten egg
  - breadcrumbs
  - Vegetable oil for deep frying

### Preparation:

- Hard boil the eggs. Once cool, peel the eggs
- Roll eggs in the seasoned flour.
- Put the meat in a bowl, add the sauce, spring onions, fresh herbs salt and pepper. mix thoroughly.
- Divide the meat into 8 equal portions.
- Put the meat around the egg as evenly as possible.
- Then roll boiled eggs in the seasoned flour followed by the beaten egg, then into the crumbs .
- Heat 1 ½" of oil in a deep frying pan. Heat the oil to 180°C / 350°F
- Place the coated eggs in the oil, and cook until golden brown all over
- Put them in the oven for a few minutes to make sure they are cooked through
- Drain on kitchen paper and serve warm or cool
- Scotch eggs can be made the day before and kept in the fridge.