



I love scotch eggs. Freshly made ones not those mass produced things sold at supermarkets. I've wanted a scotch egg for ages but I've managed to make a lean version that is really simple to make, tasty and doesn't need a deep fat fryer!

**INGREDIENTS FOR 1 SERVING**

<p><b>Nutrition</b> Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 371      Protein 49.2 g Carbs 11 g      Fat 15.1 g Sugar 5.6 g      Sat Fat 4.9 g Fibre 4.1 g      Sodium 0.4 g</p> <p>Breakdown of calories per serving</p>	150g	Turkey thigh mince
	45g	Spring onion
	95g	Cherry tomatoes, sliced in half
	2	Medium eggs
	149g	Mixed salad leaves
	10g	Fresh parsley
		Salt & Pepper

## METHOD

- Preheat your oven to 190°C fan/400°F and line a baking sheet with non stick foil.
- Put the eggs into a pan of boiling water until the eggs are boiled to your liking.
- When ready, place the eggs into cold water for 10 minutes before shelling them and set aside.
- Using a food processor finely chop the parsley, spring onions, add the mince, salt and pepper and give the mixture a quick blitz.
- Divide the mince mixture to the number of eggs you have.
- Wet your hands and take one of the mince portions and flatten it in the palm of your hand.
- When it almost covers your hand, place one boiled egg in the centre and start to wrap the mince around the egg.
- It's going to take a little patting and manipulation but with a little patience you'll have what looks like a naked scotch egg in your hand and repeat for the other eggs.
- Bake them for approximately 20 minutes until the mince is cooked through.
- When you're happy that your chicks in blankets are cooked, take them out of the oven and leave to rest for a few minutes.
- Add the mixed salad leaves to the plate along with the tomatoes and serve!.

## NOTES

- This recipe is great for batch cooking, so make extra for tomorrow!
- Feel free to use 5% fat beef or pork mince as an alternative.
- We all have different preferences for how we like our boiled eggs. For Soft boiled eggs, time for approx 6 minutes, for creamy yolks but a set white approx 8 minutes and for hard boiled approx 10 minutes.
- The original recipe and image shows sweet chilli sauce. You could still include this, but you'd need to adjust the recipe calories. For much less calories, you could add some ketchup or mayo if you'd prefer.
- If you're unsure about how to wrap the mince around the egg, this [youtube video](#) shows the technique I use.