



## Lamb Scotch Eggs

Makes 6

Prep Time 30 Mins

Cooking Time: 35 Mins

### Ingredients

8 eggs (the less fresh the better)  
250g fresh minced lamb  
1tbsp freshly chopped parsley  
1tbsp freshly picked thyme  
2 cloves garlic  
1 tbsp olive oil  
150g finely chopped mushrooms  
50g plain flour  
150g panko breadcrumbs

### Method:

- 1) Boil 6 of the eggs for 5 minutes.
- 2) Remove from the pan and place eggs into a colander and run under cold water, then place in a bowl of cold water and set aside.
- 3) In a bowl, add the minced lamb, parsley and thyme, along with salt and pepper for seasoning and mix.
- 4) Crush two cloves of garlic with the side of a knife, add to a pan along with a swig of olive oil and pan fry with the chopped mushrooms for 8 minutes.
- 5) Remove the garlic cloves from the pan and pour the cooked mushrooms into the lamb mince and mix.
- 6) Crack two eggs into a bowl, whisk and set aside. Place the breadcrumbs and flour into separate bowls to prepare your dipping station.
- 7) Peel the boiled eggs and lay down on some paper towel to dry.
- 8) Take a small ball of lamb mince mix in your hand, pat it down flat so that it covers the span of your hand. Then carefully take one of the boiled eggs and place it inside of the lamb patty.
- 9) Gently fold over the lamb patty, pinch the corners and smooth the mix so that the mince forms a ball. Do the same with the five other eggs.
- 10) Then place each uncooked scotch egg in the flour first, the egg and then the breadcrumbs and place in a pan.
- 11) Lightly pan-fry with a teaspoon of olive oil for 10 minutes.
- 12) Transfer the scotch eggs onto a baking tray and cook at 180C/ fan/gas 5 for 35 minutes. Slice down the middle and serve with a hummus or harissa yoghurt dip!

### Nutritional Content Per Scotch Egg

<b>Calories</b>	187	<b>Sodium</b>	48 mg
<b>Total Fat</b>	12 g	<b>Potassium</b>	116 mg
Saturated	5 g	<b>Total Carbs</b>	19 g
Polyunsaturated	0 g	<b>Dietary Fibre</b>	0 g
Monounsaturated	5 g	<b>Sugars</b>	0 g
Trans	0 g	<b>Protein</b>	12 g
<b>Cholesterol</b>	44 mg		
<b>Vitamin A</b>	1%	<b>Calcium</b>	0%
<b>Vitamin C</b>	0%	<b>Iron</b>	0%