



Healthy Scotch Eggs

Ingredients

2 tablespoons of Mama Dor's Lamb Kebab Spice Blend

500g mince (whichever meat you prefer!)

7 eggs

Method

In a large bowl, mix together the mince, the spice blends plus one of the eggs. Set aside.

Boil the remaining six eggs to medium soft to hard stage, and then peel.

Taking a large handful of the mince mix, wrap around one egg at a time, until the egg is fully covered. Set on a plate and refrigerate for about 30mins.

To cook; either air fry, bake or deep fry depending on your preference. These taste delicious cold and a perfect lunchbox or picnic addition!