

Scotch eggs with Moorish Crunch Salad – Jamie Oliver

Serves 2

Ingredients

- 2 large free-range eggs
- 1 egg, beaten
- 200 g quality sausage meat
- 4 fresh chives, finely chopped
- fresh parsley, leaves picked and finely chopped
- 1/4 teaspoon English mustard
- 2 tbs plain flour, for dusting
- 50 g Panko crumbs



Method

1. Heat the oven to 190°C.
2. Put the first 2 eggs into a pan of cold water and bring to the boil. Boil for 3 to 4 minutes, then transfer to a bowl of cold water. Once cooled, carefully peel them.
3. Put the sausage meat into another bowl with the herbs and the mustard. Give it all a good mix together then divide into 2 balls.
4. Have 3 plates ready - one with the flour, one with the beaten egg and a third with the breadcrumbs.
5. To make the Scotch eggs, start by flouring your hands. In the palm of one hand, flatten one of the sausage balls into an oval-shaped pattie. Roll a peeled egg in flour, then pop it in the middle of the pattie. Gently shape the meat evenly around the egg, moulding it with your hands.
6. Roll the meat-wrapped egg in the flour, shake off any excess, then dip into the beaten egg, followed by the breadcrumbs. Roll in the egg and breadcrumbs again for a really good coating.
7. Line a baking tin with baking paper. Place scotch eggs on the baking paper. Spray lightly with olive oil.
8. Bake for 30 minutes or until the sausage meat is thoroughly cooked and golden brown.
9. Serve with a salad (see below).

MOORISH CRUNCH SALAD

150g carrots, peeled
80g radishes
1 crunchy eating apples
small handful of raisins or sultanas
handful of fresh parsley, roughly chopped
handful of fresh mint, roughly chopped
1 tablespoons red wine vinegar
2 tablespoons olive oil
1 teaspoon tahini
sea salt and freshly ground black pepper
1 tablespoons sesame seeds, toasted in the oven



Method

First of all, finely slice the carrots into matchstick-sized batons.

Finely slice the radishes – you can leave a little of the tops on if you like.

Quarter the apples, remove the cores and finely slice.

Add all these to a bowl with the rest of the ingredients, apart from the sesame seeds. Toss together, carefully checking the seasoning, and serve with the sesame seeds sprinkled over the top.