



Fig nuts and fruits

Ingredients

- 400ml strong black tea, hot
- 100g dried figs, hard stalks removed, thinly sliced
- 140g sultanas
- 50g porridge oats
- 200g self-raising wholemeal flour
- 1 tsp baking powder
- 100g mixed nuts (such as almonds, walnuts, Brazil nuts, hazelnuts), plus 50g extra for topping
- 1 tbsp golden linseed
- 1 tbsp sesame seeds, plus 2 tsp for topping
- 25g pumpkin seeds
- 1 large egg
- 25g ricotta cheese, per serving
- 1 orange or green apple, thickly sliced, per serving

Instructions

Step 1 – Soak the Fruit

Preheat the oven to 170°C (150°C fan) or gas mark 3½. In a large bowl, pour the hot black tea over the figs, sultanas, and oats. Stir well and set aside to soak while you prep the rest.

Step 2 – Prep the Loaf

Line a 1kg loaf tin with baking parchment. In a separate bowl, mix together the flour, baking powder, 100g mixed nuts, linseed, sesame seeds, and pumpkin seeds.

Once the fruit mixture has cooled slightly, beat in the egg. Stir in the dry ingredients until just combined. Pour the batter into the prepared tin, level the top, and sprinkle with the remaining nuts and sesame seeds.

Step 3 – Bake

Bake for 1 hour. Then, loosely cover the top with foil to prevent over-browning and bake for an additional 15 minutes. A skewer inserted into the center should come out clean.

Let the loaf cool in the tin. Once cool, remove but leave the parchment on until completely cold.

Step 4 – Serve

Slice and serve with a generous spread of ricotta and thick slices of orange or apple.

Storage: Keeps well in the fridge for up to 1 month or can be frozen in individual slices.

