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| |  | | --- | | **This months recipe is a fully loaded loaf, a meal on its own....almost! Try it topped with a poached egg and smashed avocado :-)**    **Ingredients**   * **100ml olive oil, plus extra for greasing** * **250g asparagus spears, each cut into 3 pieces** * **200g self-raising flour** * **1 tbsp thyme leaves** * **3 large eggs lightly beaten** * **100ml milk** * **handful pitted black olives** * **100g sundried tomatoes, roughly chopped** * **100g gruyere cheese, grated**   **Method**   * Heat oven to 190C fan. Oil and line the base of a loaf tin (approx 22 x 10 x 5cm) with baking paper. Cook the asparagus in boiling, salted water for 2 mins, drain, then cool quickly under cold running water. Pat dry. * Mix the flour and thyme with seasoning in a large bowl. Make a well in the centre, then add the eggs, milk and oil, stirring all the time to draw the flour into the centre. Beat for 1 min to make a smooth batter. * Reserve 5 asparagus tips and a few olives. Add the remaining asparagus, tomatoes, olives and two-thirds of the cheese to the batter. Pour into the tin, then put the reserved asparagus and olives on top. Sprinkle with the remaining cheese. Bake for 35-40 mins until the loaf feels firm to the touch and is golden and crusty on top. Cool in the tin for 5 mins, then turn out and cool on a wire rack. | |