

Broseph

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Preheat the _____ Noun _____ to _____ Noun _____ Mark _____ Noun _____ oven _____ Noun _____. Generously _____ Noun _____ a 20cm (8in) non-stick _____ Noun _____ tin. Grate the rind from the orange and set aside, then peel removing all of white pith. Cut the peeled orange into thin slices and use to line the base of the greased sandwich tin. Drizzle the honey on top.

Place the _____ Noun _____ sugar and Ainsley Harriott Premium _____ Noun _____ Noun _____ into a food processor and blend until fine. Add the egg, olive oil, baking powder and reserved orange rind and blend again until well combined.

Spoon the _____ Noun _____ mixture over the oranges and bake in the _____ Noun _____ for 15-20 minutes until well risen and _____ Noun _____ brown.

To

make the poached _____ Noun place the _____ Noun and _____ Noun juice in a small _____ Noun with the sugar. Simmer gently for 5 _____ Noun then remove from the _____ Noun and leave to _____ Noun completely.

Remove the _____ Noun from the oven and leave to rest in the tin _____ Noun a few minutes, then loosen the sides with a _____ Noun _____ Noun and turn out on to a _____ Noun plate.