

How to make Jack Monroe's 'Jaffa Cake' mug pudding



INGREDIENTS - SERVES 1

2tbsp marmalade, plus extra to finish
2tbsp Nutella or other chocolate spread, plus extra to finish
3tbsp vegetable oil
3tbsp milk
1 egg
2tbsp honey or sugar
4tbsp self-raising flour
Squeezy chocolate sauce, or more chocolate spread, to serve

METHOD

- 1 First measure the marmalade and chocolate spread into your mug, and pop it into the microwave for 45 seconds to soften.
- 2 Remove carefully as the mug may be warm, and stir in the oil, then the milk. Leave to cool for a minute or two before cracking in the egg and beating it well. Mix in the honey, or sugar if using, and then the flour, to make your batter.
- 3 Place the mug back in the microwave for 90 seconds on high. It will rise quite a bit, but it deflates again a little afterwards.
- 4 Top with an extra smudge of marmalade and chocolate spread, then return to the microwave for 30 seconds more to melt them and finish the cooking.
- 5 Remove, and allow to stand for a minute or two before tucking in as it will be hot! I like to top mine with squeezy chocolate sauce as well, because I don't know when enough is enough, really. It doesn't keep particularly brilliantly, so it's best to eat it soon after making it.



Jack Monroe dedicates an entire section to food and drinks in mugs in her new cookbook, *Good Food For Bad Days*. After all, there's something immensely comforting about holding a steaming mug filled with deliciousness in your hands and on some days, only cake will do.

Even better is the fact that this tasty dessert only takes minutes to make.

"This is a very dangerous piece of knowledge to have," says Jack.

"Now you can rustle up a hot sticky pudding in a matter of minutes that tastes like a pile of melted Jaffa Cakes!"