

CHEESY STUFFED ONION RINGS

Serves 4

Hands-on time: 15 minutes

Hands-off time: 70 minutes

INGREDIENTS

2 large onions

8-10 slices mozzarella cheese

2 tbsp Knorrox All-in-one Spice

1 cups cake flour

2 cups (230g) breadcrumbs

2 eggs, beaten

Oil, for frying

Serving suggestion:

Chopped parsley

Tomato sauce

METHOD

1. Peel the onions and cut into 2-3cm rings. Separate the rings and set aside.
2. Slice the mozzarella slices into 2-3cm strips. Separate the strips and set aside.
3. Mix the Knorrox All-in-one Spice and flour in a medium-sized bowl.
4. Put the breadcrumbs and eggs into two separate bowls.
5. Place a small onion ring in the centre of a slightly larger onion ring. Repeat until all the large onion rings have a small onion ring inside.
6. Fill the gaps between the onion rings with the strips of cheese until the layers are tightly packed and 10 filled onion rings have been assembled.
7. Pack the cheese-filled onion rings onto a lined baking tray and place in the freezer for 30 minutes or until just-frozen.
8. Take a cheese-filled onion ring and dip it into the flour, then into the egg and finally, into the breadcrumbs. Dip the onion ring back into the egg and the breadcrumbs to double coat it. Place it back onto the baking tray and repeat until all of the onion rings are double-coated in crumbs.
9. Place the onion rings back into the freezer for another 15 minutes to ensure the coating sticks during frying.
10. Fill a pot with cooking oil about 6-8cm deep. Heat the oil over a medium-high heat.
11. Fry the onion rings in batches for 2-3 minutes, turning often, until they are golden brown and crispy. Transfer them to a plate lined with paper towel to absorb the excess oil.
12. Place them on a platter and sprinkle with chopped parsley. Serve with tomato sauce and ENJOY!