



Preparation time: 1 hour 30 minutes | Makes about 14 buns

## Broccoli Buns

*This is a creative way of introducing broccoli into one's diet. Serve these buns plain, or with a little unsalted butter.*

Per serve	
Calories	113 kcal
Carbohydrate	20.3 g
Fat	2.6 g
Cholesterol	0.4 mg
Fibre	1.1 g

### INGREDIENTS

Bread flour	280 g (10 oz)
Wholemeal flour	85 g (3 oz)
Salt	1/2 tsp
Instant yeast	1 tsp
Water	160 ml (5 <sup>2</sup> / <sub>5</sub> fl oz / <sup>3</sup> / <sub>5</sub> cup)
Low -fat UHT milk	70 ml (2 <sup>1</sup> / <sub>3</sub> fl oz / <sup>2</sup> / <sub>5</sub> cup)
Olive oil	30 ml (1 fl oz)
Broccoli	55 g (2 oz), boiled until slightly tender, drained and chopped

### METHOD

- Preheat oven to 210°C (410°F).
- Combine flours and sift into a mixing bowl. Add yeast and sugar and mix well, then add water and milk and knead for 2 minutes. Add olive oil and knead until a soft dough is formed. Add broccoli, mix well and leave dough to rest (at room temperature?) for 30 minutes.
- Divide dough into 5-cm (2-in) pieces and leave to rest (at room temperature?) for another 10 minutes. Using the palm of your hand, flatten dough pieces into rounds on a lightly floured work surface. Leave dough to prove for (how long?) or until doubled in volume.
- Place proved dough rounds on a greased baking tray, making sure they are evenly spaced out. Lightly brush with a little olive oil and bake for 12–15 minutes, or until light golden brown. Remove from heat and set aside to cool before serving.