

Lunchbox scrolls

12 serves ⌚ 20 minutes



Ingredients

Dough:

- 300g wholegrain self-raising flour*
- 100g plain Greek yoghurt
- 100g steamed & pureed vegetable (pumpkin or sweet potato)
- 2 tbs of light flavoured olive oil

*If you do not have self-raising flour, use plain flour plus 2 tsp baking powder and a pinch of salt)

Filling Ingredients

Passata:

- 100g passata (chose one that is as close to 100% tomatoes as possible.)
- 60g steamed & pureed vegetable (pumpkin or sweet potato)
- 30g baby spinach or 15g grated zucchini

Filling:

- 100g grated cheese
- 100g shredded chicken/baked beans

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Dough Method

1. Preheat oven to 180°C
2. Add 250g flour to a bowl, make a well in the centre, add yoghurt, your chosen vegetable puree, and olive oil
3. Using a butter knife, stir until combined then knead for 2-3 minutes until the dough is smooth and elastic - you may need extra flour for this
4. Grab a piece of baking paper, bigger than the tray you are using, and place on your chopping board
5. Put your dough into the centre of your baking paper
6. Using your hands, gently flatten the dough into a rectangle by pushing out the edges of the dough
7. Use a rolling pin to roll the dough into a larger rectangle 1- 1.5cm thick.



Assembling Method

8. Blitz all passata ingredients in a blender, until smooth
9. Spray olive oil into each hole of your 12-hole muffin tray – do the edges and base
10. Spoon the passata onto the rolled out dough. and spread out using a pastry brush or back of a spoon, almost to the edges
11. Sprinkle the cheese over the dough – keep the cheese about 2cm away from the edges
12. Add the chicken or spoon the baked beans over the dough
13. To roll the dough, pick up the baking paper by the edges and roll the dough and filling over to create a long scroll
14. Lightly press the edge of the dough to seal
15. Peel back the baking paper and use a knife to slice into equal 12 slices
16. Pick up each scroll and pop it into a hole in the muffin tray until all are full
17. Spray the top of the scrolls with olive oil
18. Place in the oven and bake for 20-30 minutes or until golden.
19. Allow to cool in the tray. Use a butter knife to lift the scrolls out.

These scrolls can be frozen and then put straight into the lunchbox from the freezer. Allow them to be 100% cool before freezing them.