

Cheese and Marmite Bread

CHEESE MAKES A
Difference

to a
healthy
lunchbox



BRITISH
CHEESE
BOARD



Makes 12 bread rolls | Prep time: 80 min | Cooking time: 20 min



Cheese and Marmite Bread

LOVE IT OR HATE IT,
YOU HAVE TO TRY IT!

INGREDIENTS

450g strong white flour

1 tsp salt

7g sachet active dried yeast

370ml water

2 tbsp marmite

100g mature Cheddar, grated

METHOD

1. In a mixing bowl, blend the salt into the flour with your hands, then make a well in the middle. Add the yeast and half of the water.
2. Using your hands, start mixing together to form a smooth dough whilst adding the remaining water a little at a time. Knead on a clean work top for 10 minutes. Place the dough back into the bowl, cover and leave to prove for 1 hour.
3. When the dough is ready, turn it out onto a lightly floured surface and roll out into a rectangle approximately 1cm thick.
4. Warm the marmite up in the microwave for 5-10 seconds: this makes it easier to spread.
5. Spread the marmite onto the dough and then top with the grated cheese.
6. Roll the bread dough towards you to make a Swiss roll and cut into 12 equal portions. Transfer the bread rolls onto a baking tray lined with parchment paper.
7. Leave the dough to prove for about 30 minutes or until it doubles in size, then bake for 20 minutes at 200°C until golden.

NUTRITIONAL ANALYSIS PER BREAD ROLL (APPROXIMATE)

170kcal | 7.9g protein | 28g carbohydrate of which 0.6g sugars | 3.5g fat of which 1.9g saturates | 1.4g dietary fibre | 356mg sodium equivalent to 0.9g salt | 117mg calcium | 124mg phosphorus | 0.2µg vitamin B₁₂

Dairy
UK