

**Allergy checklist**

**There are allergens in the room and we have made the following adjustments:**

**Signed**

**Dated**

**INGREDIENTS**

* Makes 6
* X16 Tbs strong wholemeal bread flour
* ½ teaspoon sugar
* 1 teaspoon fast-action dried yeast
* 170ml warm water
* Handful of fresh rosemary
* 1 Tsp Garlic seasoning
* Splash of olive oil

**• 1 egg**

**• 2 dessertspoons milk**

**• 2 spring onions**

**• 10g fresh coriander (about a small handful) 2 dessertspoons**

**• 30-40g (about 8) green beans**

**• 50g plain flour**

**• 1/2 teaspoon baking powder**

**• pinch of pepper**

**RECIPE**

**Garlic & Rosemary Bread**

 **SUPER GOOD BECAUSE:**

**Wholemeal bread provides you with a slow release energy**

**Rosemary is anti-bacterial and anti-inflammatory and can help boost your immunity**

**Wholemeal bread is full of Vitamin B and E**

**Garlic helps promote a healthy heart and can help lower cholesterol**

**EQUIPMENT**

* Teaspoon
* Measuring Jug
* Baking tray & baking paper
* Mixing Bowl
* Wooden Spoon

**METHOD**

Wash your hands and put your apron on & check you have all your ingredients

Mix the flour in your mixing bowl with your fingers. Add the sugar and the yeast to the bowl and give everything another mix with your hands.

Add a teaspoon of garlic seasoning and add some of your fresh rosemary

Using your finger like a drill, make a hole in the middle of your flour mixture

Firstly add your warm water and stir with until the mixture starts to form a ball of dough. Pull and stretch the dough until all the flour from the bowl has been picked up and the dough is smooth and stretchy (add a little splash of oil to help the bread stretch, but not too much.)

Tear the dough into 6 pieces that are about the same size and knead the dough balls until stretchy and soft.

Mark a cross into each dough ball and pop onto a baking tray into the oven for 18-20 minutes.