

Hedgehog rolls : healthy eating : miscellaneous / Tesco.

Contributors

Tesco (Firm)

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3.



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1. HONEY 2. TOMATO
3. TURKEY 4. TUNA



RECIPE
COLLECTION

from
TESCO

**HEDGEHOG
ROLLS**

**HEALTHY
EATING**

MISCELLANEOUS

TESCO

HEDGEHOG ROLLS

SERVES 6

Cooking Time:
12 minutes

Temperature:
230°C/450°F
Gas Mark 8

INGREDIENTS

280g Packet White Bread
and Pizza Base Mix
2 x 15mlsp (2 tbsp) Milk
12 Currants

EQUIPMENT LIST

Large Mixing Bowl
Measuring Jug
Mixing Spoon
Baking Tray
Clean Tea Towel
Pair of Scissors
Pastry Brush

METHOD

- 1 Empty the bread mix into a large bowl. Add 200ml (7 fl oz) of hand hot water. Mix to a dough.
- 2 Place the dough onto a lightly floured work surface. Knead with your hands for about 5 minutes, the outside of the dough should become smooth.
- 3 Turn the oven on to 230°C/450°F/Gas Mark 8. Divide the dough into 6 equal pieces. Shape each piece into a hedgehog shape, squeeze the nose out with your fingers. Place on an oiled baking tray, cover with a clean tea towel and leave in a warm place for 30 minutes until they double in size.
- 4 Snip the bodies with a pair of scissors to make the hedgehog spikes. Brush all over with the milk.
- 5 Press the currants into the dough for eyes. Cook in the middle of the oven for 12 minutes or until golden brown.

NUTRITION INFORMATION PER SERVING (SERVES 6)

| Energy | Fat | Protein | Carbohydrate | Fibre |
|---------------------|-----|---------|--------------|-------|
| 175 Calories (kcal) | 3g | 6g | 31g | 1g |

All lines subject to availability



WHAT'S IN MY SANDWICH?



1.



2.