



ONION & HERB CHELSEA BUNS

 **Prep: 20 minutes plus proving**

 **Cook: 20-25 minutes**

 **Makes: 12**

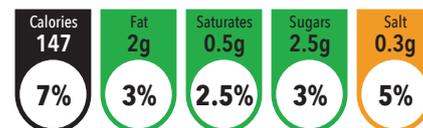
INGREDIENTS:

- 7g sachet dried yeast
- 1 tsp caster sugar
- 375g strong white bread flour
- 1½ tsp **LoSalt**
- 1 tbsp olive oil
- 2 large onions, thinly sliced (350g)
- 2 tsp wholegrain mustard
- 15g parsley, chopped
- 10g chives, chopped
- 1 medium egg, beaten

METHOD:

1. Place the yeast, sugar and 250ml hand hot water in a small bowl, stir and leave for 5 minutes until frothy.
2. Mix together the flour and 1 tsp **LoSalt** in a large bowl or the bowl of a stand mixer fitted with a dough hook. Make a well in the middle and add the yeast mixture and mix to give a sticky dough. Knead for about 8 minutes until smooth. Place in a large greased bowl, cover with clingfilm and leave to prove in a warm place for about 1 hour or until doubled in size.
3. Meanwhile, heat the oil in a large frying pan and fry the onions for 7-8 minutes, stirring occasionally, until softened and golden. Stir in the mustard, herbs and remaining ½ tsp **LoSalt**. Allow to cool.
4. Knock back the dough and on a floured surface, roll out to a 30x38cm rectangle.
5. Spread with the onion mixture and roll up from the long end. Trim the edges and then cut into 12 using a serrated knife.
6. Place in a greased 35x25cm tin, cover with oiled clingfilm and leave until doubled in size, about 30 minutes. Preheat the oven to 200°C, gas mark 6.
7. Brush with beaten egg and bake for 20-25 minutes.

Each serving contains



of your guideline daily amount

COOKS TIP:

Great as a snack, in lunch boxes or served with soup. Add a pinch of chilli flakes to the onions for extra heat.