

Cheesy pizza scrolls

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 12

- 1 cup wholemeal SR flour
- 1 cup SR flour
- 85g butter or margarine, chilled
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup passata
- 250g can corn kernels, drained
- 2 spring onions, sliced finely
- 2 tomatoes, deseeded and finely chopped
- 1 cup cheese



Method:

1. Preheat oven to 220C fan forced. Grease a 12-hole muffin tray.
2. Combine flours in a bowl. Add chopped butter/margarine and use fingertips to rub in to flour until a fine crumb texture forms (use a food processor for this step if available).
3. Make a well in the centre and add milk, using a butter knife to combine until a sticky dough is formed.
4. Place dough on a well-floured surface and knead until smooth. Roll dough out to a 20x40cm rectangle.
5. Leaving a 2cm boarder on each side, spread with passata and then sprinkle with corn, spring onions, tomato and cheese.
6. Roll up dough from the long side to enclose the filing, trimming each end.
7. Cut into 12 equal slices and place in prepared muffin tray. Brush with milk.
8. Bake for 15-20 minutes or until golden and dough is cooked through. Allow to cool before serving.

Note:

- *These are perfect for lunchboxes and freeze well.*
- *Try using capsicum or spinach as fillings*

Food Group	Serves provided per portion
Vegetables	0.4
Grain foods	0.7
Milk, yoghurt and cheese	0.32