

# Vegetable Garden Bread Rolls



|                       |                                                                                                                                                                                               |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Serves                | 8                                                                                                                                                                                             |
| Prep time             | 2 hours, 10 minutes                                                                                                                                                                           |
| Cook time             | 20 minutes                                                                                                                                                                                    |
| Total time            | 2 hours, 30 minutes                                                                                                                                                                           |
| Allergy / Intolerance | <a href="#">Amines</a> , <a href="#">Artificial Additives</a> , <a href="#">Artificial Colours</a> , <a href="#">Glutamates</a> , <a href="#">Preservatives</a> , <a href="#">Salicylates</a> |
| Suitable for          | <a href="#">RPAH Elimination Diet - Moderate Chemical</a> , <a href="#">Salicylate Challenge</a>                                                                                              |
| Meal type             | <a href="#">Bread</a>                                                                                                                                                                         |
| Misc                  | <a href="#">Child Friendly</a> , <a href="#">Pre-preparable</a> , <a href="#">Serve Cold</a>                                                                                                  |

## Ingredients

- 1/4 cup sunflower oil
- 1 egg
- 3/4 cups cabbage (chopped)
- 1 carrot (chopped)
- 1/4 cup celery (chopped)
- 2 teaspoons Lowan's Dried Instant Yeast
- 1/3 cup warm water
- 1/4 cup parsley (chopped)
- 2 tablespoons rice malt syrup
- 1/2 teaspoon salt
- 3/4 cups plain white flour (sifted)
- 3/4 cups plain wholemeal flour (sifted with the husks added back in)

## Directions

1. Dissolve the yeast in the warm water and set aside until frothy.
2. Meanwhile, in a food processor, finely chop the cabbage, carrot, celery and parsley.
3. Transfer to a large bowl and add the rice malt syrup, oil, egg and salt. Stir in the yeast, then add the flour.
4. Knead the dough on a floured board for 10 minutes then place into a large bowl, cover and allow to rise for 1 hour in a warm place. Punch down and divide the dough into 2 balls. Rest, covered for 10 minutes.
5. Preheat the oven to 190 C.
6. Shape the dough into 8 rounds and place onto a greased baking sheet. Cover and allow to rise for 30 minutes in a warm place.
7. Bake for 20 minutes. The bread is cooked when it sounds hollow when tapped. Allow to cool on a wire rack.

## Note

Moderate Salicylates, Low Glutamates, Low Amines