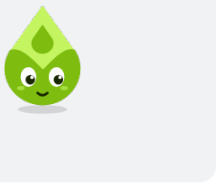
Dinner

Savoury Spinach and Cheddar Scones

Tender savoury scones studded with mature cheddar, spring onions and spinach, finished with a cheesy paprika topping.

15 min	117	14.1 g	0.9 g
time	calories	carbs	sugars



Vegetarian | Nut free | Low fat

Ingredients, 10 servings

- [ ] 200 g wholemeal flour
- [ ] 1 tsp baking powder
- [ ] good pinch white pepper
- [ ] 50 g mature grated cheddar cheese, reserving 2 tsp
- [ ] 4 spring onions, chopped finely
- [ ] 75 g frozen spinach, defrosted, excess water squeezed out, chopped finely (to give 50g)
- [ ] 2 tbsp rapeseed oil
- [ ] 75 ml skimmed milk (reserve 1 tbsp for glazing)
- [ ] half tsp paprika (optional)

Method

- [ ] **1** Heat the oven to 180°C/gas 4 and slide a large baking sheet inside to warm up.
- [ ] **2** Stir the wholemeal flour, baking powder and white pepper together in a bowl.
- [ ] **3** Fold in the spinach and spring onions, then scatter the grated cheddar cheese through the mixture, holding back the reserved 2 tsp, so it spreads evenly.
- [ ] **4** Make a well in the middle, pour in the rapeseed oil and half the skimmed milk, then stir in the rest until you have a soft but firm dough.
- [ ] **5** Turn the dough out onto a lightly floured surface and roll gently to 2cm thick, cut scones with a medium cutter and set them on the hot baking sheet, re-rolling the trimmings to cut a couple more.
- [ ] **6** Brush the tops with the reserved milk and sprinkle each scone with a little of the saved cheese and the paprika if using.
- [ ] **7** Bake for 12-15 minutes until golden brown.

Nutrition Facts

Per serving

Calories	**117**
Total fat	4.4 g
Saturated fat	1.3 g
Sodium	Not listed
Total carbs	14.1 g
Fiber	2.2 g
Total sugars	0.9 g
Protein	4.2 g

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