



## Ploughman's cheese & tomato pockets

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



328 kcal

SIDE DISH

### Ingredients

- ☐ 300 ml milk
- ☐ 25 g butter
- ☐ 7 g yeast
- ☐ 6 servings cooking oil for the bowl
- ☐ 2 tbsp coarse mustard
- ☐ 200 g cheese such as extra-mature cheddar, grated
- ☐ 225 g cherry tomatoes halved

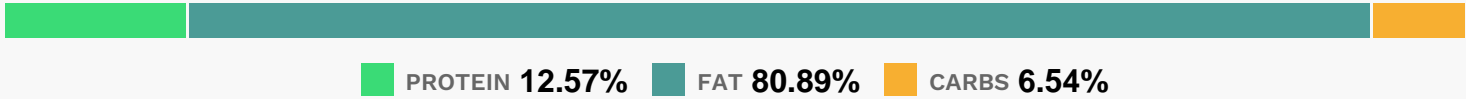
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen towels

## Directions

- ☐ Put the milk and butter into a small pan and gently warm until the butter melts. Set aside for 5 mins or until the milk feels just warm to the touch. Meanwhile, mix the flour, yeast and 1 tsp salt together.
- ☐ Mix the wet ingredient into the dry, then set aside for 10 mins to let the liquid act on the flour this will prevent you having to knead it for a long time later on. After 10 mins, turn the dough onto a floured surface and briefly knead until springy and smooth. Put into an oiled bowl, cover with oiled cling film and leave to rise for 40 mins or until doubled in size.
- ☐ On a floured surface, roll out the dough to a rectangle about 40cm wide x 30cm tall.
- ☐ Spread the mustard all over the dough, then evenly scatter with twothirds of the cheese. Fold the top third of the dough down, then the bottom third up, to make a sort of long, thin envelope. Cover with a tea towel and leave to rise for another 30 mins or until pillowy.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Trim the ends, then cut the dough into 6 equal slices. Lift onto a floured baking sheet, cut sides down. Tuck the bottom edges under a little, so that the filling wont escape underneath and the top opens up like a purse. Push the tomatoes and the rest of the cheese into the tops, then bake for 25 mins or until dark golden brown and the cheese is bubbling. Cool. Will keep in an airtight container for 2 days.

## Nutrition Facts



## Properties

Glycemic Index:18.17, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:9.8369565891183%

## Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 328.16kcal (16.41%), Fat: 30g (46.15%), Saturated Fat: 10.23g (63.93%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.67g (1.7%), Sugar: 3.64g (4.05%), Cholesterol: 46.28mg (15.43%), Sodium: 327.95mg (14.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.49g (20.98%), Calcium: 304.14mg (30.41%), Phosphorus: 222.88mg (22.29%), Vitamin E: 3.04mg (20.26%), Selenium: 12.7µg (18.15%), Vitamin B2: 0.3mg (17.58%), Vitamin A: 675.92IU (13.52%), Vitamin B1: 0.18mg (12.04%), Vitamin K: 12.3µg (11.72%), Zinc: 1.64mg (10.96%), Folate: 42.14µg (10.54%), Vitamin C: 8.67mg (10.51%), Vitamin B12: 0.63µg (10.43%), Potassium: 196.88mg (5.63%), Vitamin B5: 0.54mg (5.41%), Magnesium: 20.97mg (5.24%), Vitamin B6: 0.09mg (4.63%), Vitamin B3: 0.76mg (3.81%), Manganese: 0.07mg (3.71%), Fiber: 0.79g (3.17%), Copper: 0.05mg (2.55%), Iron: 0.42mg (2.36%), Vitamin D: 0.2µg (1.33%)