



# Whole Wheat Bread Rolls with Oatmeal and Carrots

**45 minutes**

Hands on

**8**

Portion(s)

**2**

Difficulty



## Method

- Preheat oven to 200\* C (390\* F) Fan.
- Grate the carrots using the thin blades of the grater.
- Squeeze with your hands to release juices, transfer to a bowl and set aside.
- In a separate bowl, add the 10 g of oats, water and honey. Whisk and set aside for 15 minutes.
- Then, add the remaining ingredients and whisk. The mixture will have a porridge-like consistency.
- Wear disposable gloves and shape the mixture into balls that are 150 g each.
- Transfer to a baking sheet lined with parchment paper, making sure to leave enough space between them.
- Sprinkle with sesame seeds and bake for 30-35 minutes.
- When ready, remove from oven and allow to cool on a wire rack.
- Cut the bread rolls in half and fill.

### To serve

- Spread 1 tablespoon of cream cheese on one side of the bread roll.
- Add a slice of smoked salmon and 2 thin slices of fresh cucumber pickles.
- Top with a poached egg and sprinkle with dill, salt and pepper.
- Cover with the other part of the bread roll and serve with rocket leaves.
- Repeat the same process for the remaining bread rolls.

## Ingredients

### For the bread rolls

- 10 g oats
- 500 ml water, lukewarm
- 2 tablespoon(s) honey
- 150 g carrots
- 100 g maize flour
- 100 g oats
- 100 g whole-wheat flour
- 100 g rice flour
- 1 teaspoon(s) salt
- 1 teaspoon(s) baking soda
- 1 teaspoon(s) cumin, ground
- sesame seeds, for sprinkling

### To serve (optional)

- 160 g cream cheese
- 8 slices smoked salmon
- 16 slices [pickled cucumber](#)
- 8 eggs, poached
- dill, finely chopped, for sprinkling
- salt
- pepper
- rocket

## Διατροφικός πίνακας

### Nutrition information per portion

|                           |                      |                             |                            |
|---------------------------|----------------------|-----------------------------|----------------------------|
| 215<br>Calories<br>(kcal) | 2.5<br>Total Fat (g) | 0.4<br>Saturated<br>Fat (g) | 42.0<br>Total Carbs<br>(g) |
| 11%                       | 4%                   | 2%                          | 16%                        |
| 5.8<br>Sugars (g)         | 4.5<br>Protein (g)   | 3.7<br>Fibre (g)            | 0.98<br>Sodium (g)         |
| 6%                        | 9%                   | 15%                         | 16%                        |