

Choco Fever Dream

Garlic Parmesan Dinner Rolls – 30 Minute Quick Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
8 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 3 cups all-purpose flour
- [ ] 1 cup warm water
- [ ] 2 tbsp unsalted butter, melted
- [ ] 1 tsp active dry yeast
- [ ] 2 tbsp honey
- [ ] 1 tsp salt

Flavor Boost

- [ ] 3 cloves garlic, minced
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 2 tbsp melted butter for brushing
- [ ] 1 tsp lemon juice

Instructions

1. In a bowl, combine warm water, honey, and yeast; let sit 5 minutes until foamy. garlic rolls
2. Stir in melted butter, salt, and flour; knead 6–8 minutes until smooth. Fold in minced garlic and half the Parmesan.
3. Cover dough, let rise 45 minutes in a warm place. Meanwhile, preheat oven to 425°F (220°C).
4. Punch down dough, shape into 8 equal balls, place on a parchment sheet, and brush tops with butter; sprinkle remaining Parmesan.
5. Bake 12-15 minutes until golden. Remove, brush again with butter, and serve warm.

Nutrition per serving

210 kcal	6 g	35 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels sticky, add a tablespoon of flour at a time.
- For extra garlic punch, rub a peeled garlic clove on the baked rolls before serving.
- A light drizzle of olive oil can replace the final butter brush for a richer flavor.