

MARLEY SPOON



Honey-Glazed Morning Buns with Dates

Pistachios & Orange



2 Servings

Get ready for a perfect morning with these tender, warmly spiced date buns. With a little planning in advance, these homemade treats bake to a puffy golden brown while the honey-orange glaze makes them glisten. Yogurt keeps the buttery dough tender, which envelops crunchy pistachios and a sweet date filling we flavor with Chinese 5-spice and orange zest. The buns chill until ready to bake—and voilà! (2p serves 4; 4p serves 8)

What we send

- 1 orange
- 4 oz Greek yogurt ²
- 10 oz all-purpose flour ³
- 2 oz dark brown sugar
- ¼ oz instant yeast
- 2 (2 oz) medjool dates
- ¼ oz baking soda
- ¼ oz Chinese five spice
- 1 oz salted pistachios ⁴
- 2 (½ oz) honey

What you need

- 1 large egg ¹
- kosher salt
- 1 cup + 2 Tbsp unsalted butter ²
- vanilla extract

Tools

- microplane or grater
- parchment paper
- rimmed baking sheet
- small saucepan
- 12-cup muffin tin
- nonstick cooking spray
- microwave

Cooking tip

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Allergens

Egg (1), Milk (2), Wheat (3), Tree Nuts (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 480kcal, Fat 28g, Carbs 50g, Protein 8g



1. Start dough

Zest the orange; reserve. Squeeze **all the orange juice** into a small bowl. In a measuring cup, whisk **¼ cup juice, yogurt**, and **1 large egg**; keep cold. In a large bowl, combine **flour, 1 tablespoon brown sugar, 1½ teaspoons yeast**, and **½ teaspoon salt**. Cut **1 cup cold butter** into ½-inch pieces; add to flour and toss to coat. Using your fingertips, smash each cube flat.



4. Fill dough

Grease 8 cups of a muffin tin with nonstick spray. Coarsely chop **pistachios**.

On a floured work surface, roll **chilled dough** into an 8x15-inch rectangle; spread **filling** evenly over dough, leaving a ½-inch border around edges. Sprinkle with pistachios. Starting at the longer edge, roll into a tight cylinder and pinch lightly to seal seam.



2. Roll dough

Stir **yogurt mixture** into **flour-butter mixture** until combined. Turn **dough** onto a floured surface; knead briefly to form a smooth, cohesive ball. Roll dough into 8x15-inch rectangle. Starting at the shorter edge, roll into a tight cylinder. Pat cylinder flat into 4x8-inch rectangle; transfer to a parchment-lined rimmed baking sheet. Cover with plastic wrap and freeze for 15 minutes.



5. Chill & bake

Cut **dough** into 8 pieces and transfer, cut side up, to prepared muffin cups. Cover tin with plastic; proof for 1 hour at room temperature then refrigerate overnight or up to 48 hours.

Preheat oven to 425°F with a rack in the center. Unwrap **buns** and bake for 10 minutes. Lower heat to 350°F and continue baking until deep golden brown, 30–35 minutes, rotating halfway through.



3. Make filling

In a small saucepan, combine **dates, a pinch of baking soda**, and **½ cup water**. Bring to a boil over high heat, then cook over medium-low, mashing occasionally with a fork, until dates soften to the texture of applesauce, 4–6 minutes. Whisk in **reserved orange zest, 2 tablespoons each of brown sugar and butter, 1 teaspoon each of Chinese five spice and vanilla**, and **¼ teaspoon salt**.



6. Glaze & serve

Cool **buns** in muffin tin for 5 minutes, then unmold and transfer to a wire rack. In a small microwave-safe bowl, combine **honey, 1 tablespoon brown sugar**, and **remaining orange juice**; microwave, stirring every 30 seconds, until **sugar** dissolves and mixture is syrupy, 30–90 seconds. Brush **buns** all over with **glaze**. Serve warm and enjoy!