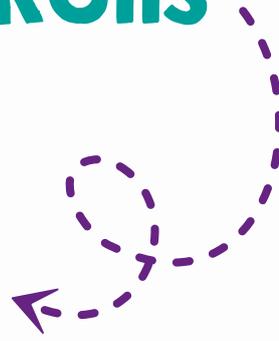


Sausage Rolls



Classification:
Occasional

Serves:
18

Prep. Time:
15 min

Cooking Time:
25 min

Ingredients:

- 500g lean beef or chicken mince
- 1 small onion, finely grated
- 1 carrot, grated
- 1 zucchini, grated
- ½ cup wholemeal breadcrumbs
- 2 eggs
- 1 tbsp tomato paste
- 3 sheets puff pastry
- Ground pepper to taste

Equipment:

- Oven
- Mixing bowl
- Grater
- Knife
- Baking trays
- Baking paper
- Basting brush

Method:

1. Preheat oven to 200°C (fan-forced). Line 2 baking trays with baking paper.
2. Combine mince, onion, carrot, zucchini, breadcrumbs, 1 egg, tomato paste and pepper in a large bowl. Mix well with hands.
3. Cut each pastry sheet in half. Divide filling into six even portions. Spoon a filling portion in an even line along one edge of each pastry strip.
4. Roll up firmly to enclose the filling and place seam-side down on tray.
5. Brush with beaten egg and cut each roll into 3 pieces
6. Bake for 20-25 minutes, until golden and cooked through. Serve warm.

Tips and Variations:

- Add finely chopped spinach, lentils, or mushrooms for extra fibre.
- For vegetarian version, replace meat with lentils and mushrooms.