

Beefy Boy Sausage Rolls



Serves

32



Try using different herbs and spices like coriander, cumin & Moroccan seasoning.



Ingredients

- | | |
|-------------------------|----------------------------------|
| 500g lean mince | 1 tablespoon chopped parsley |
| Spray oil | 1 teaspoon dried herbs |
| 1 brown onion - diced | ½ cup breadcrumbs |
| 2 carrots - grated | 4 sheets reduced fat puff pastry |
| ½ zucchini - grated | 1 tablespoon low fat milk |
| 2 garlic cloves - diced | |
| 1 egg | |

Equipment

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|-----------------|--------------|
| Oven | Baking paper |
| Electric frypan | Tablespoon |
| Chopping board | |
| Knife | |
| Grater | |
| Large spoon | |
| Sieve | |
| Bowl | |
| Baking tray | |



How to make it



1. Preheat the oven to 220°C. Turn frypan to medium heat and lightly spray with oil. Cook onion & garlic in frypan until soft. Add carrot and zucchini to frypan and cook until soft.



2. Put cooked vegetables in sieve and squeeze out as much liquid as possible. Discard liquid.



3. Combine mince, egg, herbs, breadcrumbs and cooked vegetables in bowl. Cut pastry sheets in half. Shape 1/8 of mince mixture into a sausage and place along one long edge of each pastry piece.



4. Roll up pastry to enclose mince mixture, using milk to seal pastry together. Cut each roll into 4 pieces. Line baking tray with baking paper. Place sausage rolls seam-side down on tray.



5. Using fingers, coat sausage roll tops with milk. Bake in oven for 20 - 25 minutes or until golden & puffed.



nom!

