


Healthy Sausage Rolls

Serves: 12

Prep time: 15 minutes

Cook time: 20-30 minutes

 ½ serve per portion

Ingredients

1 small carrot, grated
¼ butternut pumpkin, peeled and grated
1 small zucchini, grated
½ small brown onion, diced
3 cloves garlic, crushed
½ cup walnuts, finely chopped
500g lean beef mince
Cracked pepper, to taste
2 tablespoons Italian herbs
3 sheets puff pastry, reduced fat
Milk, to brush
Sesame seeds

Method

PREHEAT oven to 180°C.

SQUEEZE excess liquid out of carrot, pumpkin and zucchini and add to a large bowl.

ADD onion, garlic, walnuts, lean mince, pepper and herbs to the vegetable mix and combine well.

CUT the three sheets of pastry down the centre to make 6 pieces.

PLACE a lengthwise sausage shape of mixture in the centre of each piece of pastry. Roll the pastry over meat and use the milk to stick edges together.

BRUSH milk over the pastry and sprinkle with sesame seeds on top.

CUT each sausage roll into bite sized portions and place on a baking tray, lined with baking paper.

BAKE for 20-30 minutes, until golden brown and mince is cooked through.

Note: These work well as meatballs too! Simply add an egg to the mixture then roll into balls. Either bake in the oven until golden and cooked through, or fry with some olive oil in a pan.



Discretionary Food

Recipe courtesy of the Country Kitchens team