

## Sausage Rolls

### Ingredients:

500gms sausage mince

2 carrots, grated

1 zucchini, grated

1 brown onion, finely chopped

1 clove garlic, peeled and crushed in mortar & pestle

1 teaspoon fresh thyme

1 egg

¼ cup bread crumbs

¼ cup plain flour

1 tablespoon tomato sauce

1 teaspoon salt & pepper

3 sheets puff pastry

## Method:

- Preheat oven to 180 degrees. Line a baking tray with baking paper and set aside.
- Heat a frypan on the stove with a little olive oil. Add onion, garlic, thyme, carrots and zucchini and quickly cook until just soft. Remove from heat.
- In large bowl add mince, sauce, breadcrumbs, flour, egg, salt&pepper and cooked veggies. Mix until well combined.
- Lay out puff pastry sheets and cut in half. Lay out sausage mix in a long line in the middle of each sheet. fold pastry over the sausage mix and roll until pastry is tucked under.
- Beat 1 egg in a bowl and brush egg mix over each sausage roll.
- Cut into 6-8 pieces and lay on baking trays. Cook for 15-20 minutes.