

# Sausage rolls

Makes 24

## Ingredients

- 2 zucchinis
- 2 carrots
- 1 onion
- 1kg lean beef mince
- 1 tablespoon dried mixed herbs or 1 small bunch of parsley
- 1kg reduced fat puff pastry (6 sheets)
- 2 eggs



## Method

1. Preheat oven to 180°C and line 2 baking trays with baking paper.
2. Cut zucchinis and carrot into 2-3cm pieces. Quarter onion. Beat the eggs and set aside.
3. Add zucchini, carrots, onion, beef mince and herbs to a food processor. Process on high for 1 minute or until all ingredients are well combined and the mixture is smooth.
4. Cut pastry sheets in half. Place 2-3 tablespoons of the mince mixture down the centre of the pastry sheets. The mixture should resemble a log shape.
5. Using a pastry brush, lightly brush the egg down one edge of the pastry sheet. Roll up to enclose filling and brush the top with the remaining egg.
6. Cut each sausage roll in half lengthways.
7. Bake for 25-30 minutes or until golden.

**Tip:** add a sprinkling of sesame seeds on top for delicious crunch!

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines

NUTRITION INFORMATION		
Servings per recipe: 24		
Average serving size: 112g		
	Per serve	Per 100g
Kilojoules (kJ)	884	789
Protein (g)	15.5	13.9
Total fat (g)	8.0	7.1
- Saturated fat (g)	3.6	3.2
Carbohydrates (g)	19.2	17.1
- Sugars (g)	1.3	1.1
Fibre (g)	0.6	0.5
Sodium (mg)	179	160