

Sausage Rolls – 2 ways

Makes: varies **Preparation time:** 20 minutes **Cooking time:** 25 minutes

Recipe source: family recipe / adapted from Australian Healthy Food Guide magazine

Ingredients:

1 packet frozen puff pastry, uses ~5 sheets (simple) or ~8 sheets (chicken)
Milk, for glazing

Simple filling:

1kg sausage mince
1 onion, chopped
1 packet French Onion soup mix

Chicken and Vegetable filling:

1kg chicken mince
1 medium zucchini, grated
1 medium carrot, grated
1 small onion, finely chopped
2 teaspoons paprika
1 tablespoon chopped fresh oregano (or 1 teaspoon dried oregano)
1 tablespoon sweet chilli sauce
1 tablespoon reduced-salt soy sauce
1 tablespoon balsamic vinegar
1 egg (optional, see note)
1 cup rolled oats (or breadcrumbs)

Equipment Required:

Large bowl, knife, chopping board, fork, gloves, pastry brush, small cup, baking paper, baking tray.

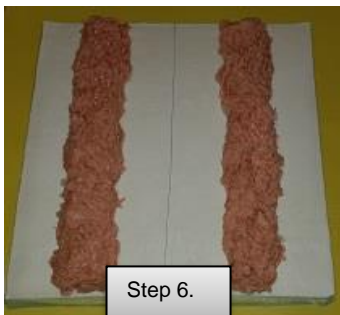
For the chicken filling only: grater, measuring spoons, measuring cups.



What to do:

1. Preheat oven to 200°C.
2. Line two baking trays with baking paper.
3. Separate frozen puff pastry sheets and place on benchtop to thaw. Return remainder to freezer.
4. Mix your chosen filling ingredients in a large bowl with a fork. Alternatively, you could mix it with your hands, using gloves is best.

5. Place one sheet of pastry on a chopping board. Carefully cut into two equal pieces. (To ensure the pastry doesn't get stuck, you can leave the plastic sheet in place for now and remove it in step 9.)
6. In the centre of each piece of pastry create a long mound of filling.
7. Using a pastry brush or your fingertips (clean ones of course), apply milk down the long edges of the pastry.
8. Roll each side of the pastry over the filling to encase it. If the pastry doesn't overlap, remove some filling.
9. Turn the rolls over and place them on the baking tray, with the pastry edges underneath so they don't unroll during cooking.
10. Cut into your preferred size (not all the way through) and prick each a few times with a fork.
11. Glaze sausage rolls with some milk, using a pastry brush.
12. Bake for 25 minutes or until golden brown.



Notes:

- The Simple filling is my “go-to” recipe. It is quick, easy and tasty.
- The Chicken and Vegetable filling could be made with other mince.
- The egg is an optional ingredient, its purpose is to help bind the mince and other ingredients together. I found that the chicken mince was moist enough without it.
- You may like to refer to the [GHPS website](#) for further recipes:
 - You could make your own Puff Pastry (2018)
 - For a vegetarian option you could maybe try the spiced potato filling from the Bolani Katchalu recipe (2018)
 - Some other savoury snacks using puff pastry you could try are Beef Pasties, Chicken Pies, Mini Quiches (all 2018 recipes).

