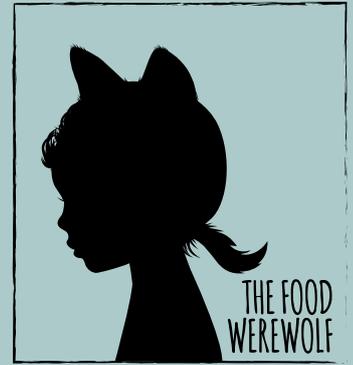


HOMEMADE SAUSAGE ROLLS



INGREDIENTS

500g mince
2 tbs tomato sauce
2 tbs barbecue sauce
¾ cuph breadcrumbs (see tips below)
2 tsp mustard powder or dijon mustard
1 small brown onion, grated
1 medium carrot, peeled, grated
3 sheets frozen puff pastry, partially thawed
½ cup sesame seeds to sprinkle on top (optional but they taste good!)
1 egg, slightly beaten
tomato sauce, to serve (see tips)

NOTE

Always look for organic ingredients to be sure you are avoiding additives. Check the label carefully to ensure there are no nasties in your ingredients.

PREPARATION

- * Have all the above ingredients prepared and ready to cook!
- * Turn on the oven to 180°C fan forced
- * Have 2 baking trays lined with baking paper for the sausage rolls.

METHOD

1. In a bowl, combine the sausage mince, breadcrumbs, mustard powder, onion, grated carrot, tomato and barbeque sauces.
2. Cut each pastry sheet in half.
3. Shape ½ cup mince mixture into a sausage shape. Place along one long side of one pastry half.
4. Roll up pastry to enclose filling.
5. Using your fingertips, pinch the pastry to seal it.
6. Cut the log into quarters.
7. Place on a prepared tray, 5mm apart with the seam down.
8. Repeat with remaining mince mixture and pastry.
9. Bake for 35 minutes or until golden and cooked through.
10. Serve with tomato sauce.

PREPARATION TIME: 25 MINS

COOKING TIME: 35 MINS

SERVES: 24

STORAGE, REHEATING & LEFTOVERS

- * Store the sausage rolls in an airtight container in the fridge, or freeze in a sealed container for a quick snack or lunch.

VARIATIONS & TIPS

- * To make it quicker you can use organic sausages (approx 8 sausages) instead of the mince mixture. NB: Be sure to check the sausages are additive free.
- * Try making your own breadcrumbs by whizzing a few half stale slices of bread in a food processor until they're crumbs – too easy!
- * Visit [The Food Werewolf Basics Recipe page](#) for a great homemade tomato sauce to serve with these sausage rolls.

Recipe adapted from www.taste.com.au