

# Recipe Easy Sausage Rolls



serves: four

preparation time:

20 minutes

difficulty scale: two

cooking time:

35 minutes

## Ingredients

- 2 Tablespoons of Vegetable Oil
- 1 White Onion, very finely diced
- 1 Carrot, peeled & grated
- 2 Teaspoons of Dried Italian Herbs
- 1 Teaspoon of Garlic Powder
- 1 1/2 Cups of Breadcrumbs
- 500 Grams of Beef Mince
- 250 Grams of Pork Mince
- 2 Tablespoons of Tomato Paste
- 1 Tablespoon of Soy Sauce
- 3 Sheets of Puff Pastry
- 3 Eggs

## Method

1. Preheat oven to 190 degrees celsius. Line two trays with baking paper.
2. Heat oil in pan over medium heat. Saute onion and carrot in pan. Mix in herbs, garlic powder and one cup of the breadcrumbs. Set aside to cool.
3. In a mixing bowl, combine minces, tomato paste, soy and one egg until smooth.
4. Fold in onion mixture. Beat well until mixture is sticky.
5. Roll out two 3cm wide cylinders, coat with remaining breadcrumbs.
6. Beat another egg and brush onto pastry sheets.
7. Put one mince log at the end of one pastry sheet and roll up until pastry just overlaps. Trim excess and put roll seam side down onto a tray. Repeat until all mince has been used.
8. Beat remaining egg, brush onto rolls and cut them into desired lengths.
9. Bake for 35 minutes or until pastry is golden and crisp.
10. Cool slightly on a wire rack before serving.

