

# EASY SAUSAGE ROLLS





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Preparation time: 10 minutes

Cooking time: 35 minutes

Serves: 4

1 white onion, diced very finely  
1 carrot, peeled and grated  
2 Tbsp vegetable oil  
2 tsp dried Italian herbs  
1 tsp garlic powder  
1½ cup breadcrumbs

500g beef mince  
250g pork mince  
2 Tbsp tomato paste  
1 Tbsp soy sauce  
3 eggs  
2 sheets puff pastry

**1. Preheat** oven to 190°C. Sauté the onion and carrot in vegetable oil in a frying pan over a medium heat until softened, then mix in the Italian herbs, garlic powder and 1 cup breadcrumbs. Set aside to cool.

**2. Beat** the minces, tomato paste, soy sauce and one egg until smooth, then fold in the onion mixture. Beat well, until the mixture becomes sticky. Roll out to 3cm wide cylinders, then coat these with the remaining breadcrumbs.

**3. Beat** the remaining eggs and brush onto the puff pastry, then place the mince log at one end and roll up, until the pastry just overlaps. Trim off the excess, and place the rolls seam-side down on lined oven trays. Repeat with the remaining pastry and mince.

**4. Brush** the roll with remaining egg, and cut to length. Bake for 35 minutes, until the pastry is golden and crisp. Cool slightly on wire racks before serving.

NOTES: The breadcrumb coating on the outside of the meat protects the pastry from moisture, meaning that it can bake crisp.