

SAUSAGE ROLLS

INGREDIENTS

500g Sausage mince	3 tablespoons chopped parsley
1 Onion finely chopped	2 tablespoons chopped chives
2 cloves garlic crushed	10 torn Oregano leaves
1 Medium Carrot grated	2 Eggs
1 Zucchini grated and squeezed	3 sheets frozen Puff pastry
1 cup fresh Bread crumbs	Sesame seeds to sprinkle on top
1 teaspoon nutmeg	Tomato sauce or Chutney to serve
1 teaspoon cumin	
1 teaspoon chilli	
1 teaspoon dried thyme	
2 tablespoons Chutney or Kasundi	
Salt & pepper	

METHOD

Pre heat oven at 200c. Line 2 baking trays with baking paper. Mix with mince all dry ingredients, chutney and 1 beaten egg (the other is for brushing) You can do this in a food processor if you have one.

Cut pastry sheet in half and place 3-4 spoons of mince mixture down the long edge closest to you, roll over, brush edge of pastry with beaten egg, roll up to enclose filling. Cut into 5 pieces and place on tray with seam side down. Brush with egg and sprinkle with sesame seeds. Bake for 25 min or until brown. Serve with Tomato sauce or Chutney.