

Homemade Sausage Rolls with Tomato Sauce

Makes 12

Ingredients	
200g readymade, rolled puff pastry	2 tablespoons finely chopped sage leaves
225g good quality sausage meat	1 egg, beaten to glaze
100g onion, finely chopped	

- METHOD:
- Cut rolled pastry into two strips 30 x 10cm
- Mix the sausage meat with the onion and sage and divide into two. Roll the sausage meat into two long rolls the same length as the strips of pastry (if it's sticky sprinkle on some flour and flour your hands).
- Place one roll of sausage meat onto one strip of pastry. Brush the beaten along one edge, then fold the pastry over and seal it as carefully as possible. Roll the whole thing over so the sealed edge is underneath. Roll lightly and repeat with the second piece of pastry and sausage meat.
- Then use a small sharp knife to cut each roll into six sausage rolls, each about 5cm long.
- Snip three V shapes in the top of each roll with the end of some scissors and brush with beaten egg. Place the rolls on the baking sheet and bake high in the oven for 20-25 minutes, then remove them to a wire rack to cool.
- Serve with Homemade tomato sauce



- ✓ FOR WHEAT FREE DIETS USE WHEAT FREE PASTRY
- ✓ FOR VEGETARIAN DIETS USE A CHEESE, MUSHROOM AND ONION MIX FOR THE FILLING
- ✓ FOR EGG FREE DIETS USE MILK TO GLAZE THE PASTRY

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
268	6.4	12.3	11	2	0.8	0.9	98