

SAUSAGE ROLLS



QUICK

15 minutes
prep time plus
cooking time

HEALTHY

These are not what you would consider a 'healthy food' but a healthy attitude to food should include eating foods that you enjoy in moderation.

FAMILY

Makes approx. 30

MEALS

These freeze
very well

INGREDIENTS

- 8 good quality sausages (approx. 500g)
- 1 pack ready roll puff pastry (320g)
- 1 egg
- A little flour for dusting

Optional

- Sesame seeds
- 2 tsp mustard
- ½ courgette

METHOD

- 1) Put the oven on to 180°C
- 2) Beat your egg in a small bowl
- 3) Roll out your pastry on a floured surface to make it a little thinner but still a rectangle
- 4) Remove the skin from the sausages and roll to make a little thinner
- 5) Lay along the bottom of the pastry
- 6) Roll the pastry over the sausage till it is covered with pastry then cut along the length of the pastry.
- 7) Brush with egg
- 8) Prick with a fork (then sprinkle with sesame seeds)
- 9) Cut into individual rolls and place on a lined baking tray
- 10) Repeat till all sausages are done.
- 11) Cook in the oven for approx. 20 mins at 180°C till golden brown
- 12) Enjoy

