

Bimbadeen's Best Beef Sausage Rolls Amanda Salisbury, Eidsvold

This finger food appeals to everybody and is pretty healthy too.

This recipe is simple, it tastes sensational and is uniquely Australian!



Filling*

- 1 kg sausage mince (ask butcher, or just slide mince out of skins of already-made sausages)
- 1 large carrot (grated)
- 1 large zucchini (grated)
- 2 eggs (lightly beaten)
- 1 cup breadcrumbs or rice crumbs

Other ingredients

- 6-8 sheets puff pastry (laid out individually to thaw)
- 1 egg (lightly beaten)

Method

- Pre-heat oven to 200C.
- Line 3 flat trays with baking paper.
- Combine filling ingredients in large bowl - using (clean) hands to mix is best.
- Lightly cut each sheet of pastry into four quarters.
- In each quarter make a rectangle of filling mix (leave reasonable margins especially on 'sides')
- Fold each square's sides over tightly into roll shape, and press ends firmly down.
- Place onto trays and brush well with egg wash.
- Reduce oven temp to 190C and fan bake for approx 30mins or until golden brown.
- Serve with tomato chutney, sweet chili sauce or good old Heinz tomato sauce.

* the best filling ingredients are home-grown!