



# SAUSAGE ROLLS



**Equipment** – Chef's knife, baking tray, mixing bowl, fork

***In pairs***

**Ingredients –**

1 piece puff pastry (½ ready rolled sheet)  
1 ½ sausages  
Mixed herbs or paprika  
1 tbsp. cooked onions  
Egg wash

Optional-

1 tbsp. cranberry sauce  
1 tbsp. Branston pickle

## Nutrition

Sausage meat- High in protein and fat  
Puff pastry- high in fat and carbohydrate

## Modification for a Healthy Diet

Use turkey mince instead of pork and use puff pastry containing less butter.

**Method –**

- 1 Preheat** oven to 190°C.
- 2 Unroll** pastry. Leave on the paper.
- 3 Take** the skin off the sausages, put into the mixing bowl.
- 4 Add** the onion and herbs or spices and one of the optional ingredients.
- 5 Place** the sausage meat mix, evenly down the centre of the pastry.
- 6 Brush** the right hand side of the pastry with egg wash.
- 7 Turn** the pastry 45° to the left, then roll the pastry away from you. Use the paper to help you.
- 8 Cut** into 8 equal pieces (as demonstrated), place evenly on a baking tray.
- 9 Make** 3 diagonal cuts into the top of the pastry
- 10 Brush** with egg wash and bake for 20 minutes or until golden brown.