

Homemade Beef Sausage Rolls

Ingredients

4 sheets ready rolled puff pastry
1 tbsp milk
1 egg
500g veal mince, or beef mince
500g sausage mince
1 small brown onion, finely chopped, cooked to soften
1 small red onion, finely chopped, cooked to soften
1 medium carrot, coarsely grated
½ Zucchini finely grated 3 cloves garlic, crushed
1/4 cup fresh flat-leaf parsley finely chopped
1 1/2 tbsp tomato sauce
1 tbsp BBQ sauce
1/4 cup (60ml) Worcestershire sauce

Method

Preheat oven to 220C/200C fan-forced. Line 2 large baking trays with baking paper.

Thaw puff pastry. Meanwhile, combine milk and egg in a small jug. Whisk well.

Combine mince, sausage mince, onion, carrot, garlic, parsley and sauces in a large bowl.

Season well, with salt and pepper. Divide mixture into 8.

Lay a sheet of pastry on a flat surface.

Cut sheet in half horizontally.

Spoon 1/8 of the mince mixture down along the long side of one pastry half, shaping mince into a long sausage shape.

Brush opposite long edge with a little egg mixture Roll up pastry to enclose filling, finishing seam side down.

Brush top of log with egg mixture.

Cut into desired length. Place seam side down on prepared tray, 2cm apart.

Repeat with remaining mince mixture, pastry and egg wash.

Bake for 25-30 minutes or until golden and cooked through.