Sausage rolls

Preparation time
15 minutes

Cooking time
20-25 minutes

Serves
5

Recipe courtesy of
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Ingredients | Method | Nutrition

500g lean beef mince

100g chopped onion, cooked and cooled (use raw if you are short on time)

1 cup grated carrot (100g)

1 cup grated zucchini, excess moisture removed (150g)

3 tbsp tomato sauce

80g low fat cheese grated

10 sheets filo pastry

canola spray (or olive oil spray)

1. Preheat oven to 200°C (180°C fan forced) and line 2 trays with baking paper.

2. Place mince, veggies, cheese and sauce in a bowl and mix together with hands well until combined.
3. Take one sheet of filo, spray with cooking spray and place another sheet of filo on top. Repeat this process until you have 5 sheets of pastry.
4. Carefully cut each pile of sheets long ways in two so you have 4 rectangles.
5. Divide the meat mixture between 4 rectangles and shape into sausages along the filo.
6. Roll the filo and meat mixture up to form one large sausage roll and spray the roll lightly all over to help seal, repeat with other rectangles and then cut into small pieces.
7. Pop the sausage rolls onto prepared baking trays and cook for 20-25 minutes. They should be golden when cooked.
8. Please note that there will be some liquid that comes out, if the bottoms are a bit wet, flip over and bake for 5-10 minutes to crisp up of desired
9. You can serve these by themselves, or with a salad.

Nutritional information is provided per serve

Engery	1602 kJ (383 calories)
Protein	30g
Saturated Fat	7g
Total Fat	19g
Carbohydrates	21g
Sugars	6g
Dietary Fibre	2g
Sodium	396mg