Black bean sausage rolls

Preparation time
15 minutes

Cooking time
20 minutes

Serves
16

Recipe courtesy of
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Ingredients Method Nutrition

2x 400g cans black beans

4 sheets puff pastry or filo pastry (for low fat option)

2 tbsp tomato paste

1 tbsp extra virgin olive oil (EVOO)

1 medium carrot, grated

1 cup spinach, roughly chopped

2 tbsp mixed herbs

1 brown onion

2 garlic cloves

1 egg, whisked

Sesame seeds

1. Preheat the oven to 180 °C & remove pastry sheets from freezer to thaw
2. Drain and rinse black beans and add to food processor**, add herbs and blend until smooth
3. Grate the carrot (no need to peel the skin off) and roughly chop the spinach. Finely dice the onion and garlic
4. Heat a medium sized saucepan with EVOO, add the onion and garlic. Cook for ~ 5 minutes on medium heat until golden brown, stirring frequently to avoid burning
5. In a large bowl, add blended beans, chopped vegetables, cooked onion and garlic, tomato paste, and stir to combine
6. Flatten mixture in the bowl and divide into 4 sections
7. Prepare an oven tray with a wide piece of baking paper
8. Add one section of the mixture to a pastry sheet, one at a time in a long shape along the edges of the pastry sheet. Allow 1-2 cm at the close edge of the pastry sheet
9. Roll the mixture up the pastry sheet, brush the whisked egg at the end of the sheet to seal it up. Then brush along the top of the rolls with egg mix and sprinkle with sesame seeds
10. Bake in the oven for 15-20 minutes, until golden brown
11. Divide each roll into 4 individual pieces, makes 16 bite sized rolls

** If you don't have a food processor, you can use a potato masher or a fork to create a mashed consistency.

Nutritional information is provided per serve

Engery	722kj
Protein	5g
Saturated Fat	3g
Total Fat	7g
Carbohydrates	21g
Sugars	2g
Dietary Fibre	4g
Sodium	245mg