

No-sausage Sausage Rolls

Ingredients

- 1 large onion chopped finely
- 1 carrot grated (or spinach shredded, or mushroom chopped) 
- 3 sheets puff pastry
- 1 cup rolled oats (or steel-cut)
- 250g cottage cheese
- 1 egg
- 1 tablespoon soy sauce
- 1 teaspoon cumin powder (or paprika)
- ½ cup breadcrumbs
- ½ cup chopped nuts or seeds
- Optional: 1 tablespoon milk for glazing, and sesame seeds to sprinkle on top



Directions

- 1) Heat the oven to 200°C – line a tray with baking paper and leave this into heat.
- 2) In a pan over medium heat, add a little oil and cook the onion and vegetables until soft
- 3) Add the rolled oats, cottage cheese, breadcrumbs, egg, sauce and spices in to a mixing bowl.
- 4) Add the contents from the pan into the bowl along with the chopped nuts or seeds, and mix well.
- 5) Lay out the pastry on a clean flat surface, place a third of the mixture along one edge about 1 centimetre in.
- 6) Roll the pastry over the mixture to create a log. Pat a little milk along the edge to help the pastry seal. You will end up with about ¼ of pastry leftover. Cut this off and keep this to the side.
- 7) Make sure the overlapping pastry is at the bottom of the roll. Optional: Lightly pat the top of the log with some milk to glaze and sprinkle with sesame seeds if you wish. Repeat steps 5-7 two more times.
- 8) Take the heated tray out of the oven, carefully place the three logs on top and slice them to the desired size. Pull apart rolls slightly to make sure they cook through.
- 9) Place in the oven for 20 minutes until crisp and golden. Take them out, let cook and enjoy!

Chefs tip:

The filling of this recipe also makes small burger patties and rissoles. Let the no-sausage mixture rest in the fridge for 15 minutes. While you are waiting, heat a pan and add a little oil. Take the mixture out of the fridge, and roll into balls with about a tablespoon of mixture. Add these to the pan and pat down slightly. Cook 5-6 minutes each side. When ready, pop these into burger buns with salad, or serve them like meatballs with a homemade tomato sauce.

More recipes can be found on: www.sportwellington.org.nz