

SAUSAGE ROLLS

INGREDIENTS	EQUIPMENT
300gms Sausage Mince	Large Mixing Bowl
½ Cup Bread Crumbs	Cup Measurements
2 Silver beet leaves	Chopping Board
Chopped Parsley	Chef's Knife
½ Carrot	Grater
2 Cloves Garlic Crushed	Garlic Crusher
Salt & Pepper to taste	Small mixing bowl
½ Cup Sunflower Seeds	Pastry brush
½ Onion diced finely	Peeler
1 Tablespoon Chutney	Spoon Measurements
2/3 sheets puff pastry	
1 egg beaten	
Poppy seeds	

WHAT TO DO

1. Weigh and Measure Ingredients
2. Pre heat oven to 200C
3. Dice onion finely
4. Peel and grate carrot
5. Peel and Crush Garlic
6. Chop Parsley finely
7. Cut stalks off silver beet and slice finely
8. Add the onion, silver beet, parsley, carrot, sunflower seeds, chutney, breadcrumbs, garlic and salt and pepper into the mince and mix well with hands
9. Fold pastry sheets in half and slice down the half way mark
10. Place mince mixture in the middle of the pastry and fold over
11. Turn roll over and trim ends
12. Cut roll into 6 even pieces.
13. Repeat until all the mixture is finished
14. Nick the top of each sausage roll with the tip of the knife gently
15. Place sausage rolls on a lined baking tray
16. Beat egg and brush each sausage roll with egg wash
17. Sprinkle poppy seeds on top of sausage rolls
18. Place in a hot oven for approximately 15 minutes or until golden brown on top.