

Sausage Rolls

Traffic light category: Amber

Serves: 40 small rolls (40g each); maximum 2 per serve
or 20 large rolls (80g each); maximum 1 per serve

Ingredients

400g lean sausage mince	1 cup fresh breadcrumbs
300g lean chicken mince	3 tablespoons chopped parsley
1 onion, finely chopped	½ teaspoon ground nutmeg
1 clove garlic, crushed	1 egg, lightly beaten
1 medium carrot, grated	4 sheets reduced fat puff pastry
1 medium zucchini, grated	

Method

1. Preheat oven 200°C, line baking tray with greaseproof paper
2. Mix mince, onion, garlic, carrot, zucchini, breadcrumbs and parsley in a large bowl
3. Cut pastry sheets in half
4. Spoon mixture in a line in the middle of the half sheet of pastry
6. Brush edge of pastry with egg, roll pastry, brush tops with more egg
7. Cut each roll into 5 even pieces
8. Bake 20-25 minutes or until golden.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	260kJ	653kJ
Protein	4.4g	11g
Total fat	2.7g	6.8g
Saturated fat	1.1g	2.8g
Carbohydrate	4.7g	11.9g
Sugars	0.6g	1.4g
Dietary fibre	0.5g	1.1g
Sodium	96mg	241mg



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