

Country cottage rolls

A vegetarian 'sausage' roll

Traffic light category: Amber

Serves: 36 mini rolls (30g each); maximum 5 per serve
or 12 mid-size rolls (90g each); maximum 2 per serve

Ingredients

- 1 onion, finely chopped
- 50g chickpeas, drained, rinsed and chopped
- 30g sunflower seeds
- 60g breadcrumbs
- 60g rolled oats
- 3 tablespoons soy sauce
- 250g cottage cheese
- 2 eggs, lightly beaten
- 4 sheets readymade reduced fat puff pastry
- Milk for glazing

Method

1. Preheat oven 200°C, line baking sheet with greaseproof paper
2. Mix onion, chickpeas, sunflower seeds, breadcrumbs and oats in a large bowl
3. Add wet ingredients and mix well
4. Cut pastry sheets in half
5. Spoon mixture in a line in the middle of the half sheet of pastry
6. Brush edge of pastry with milk, roll pastry, brush tops with milk
7. Cut each roll into 6 even pieces
8. Bake 15-20 minutes or until golden.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	194kJ	748kJ
Protein	2.6g	10.3g
Total fat	1.7g	6.6g
Saturated fat	0.5g	2.2g
Carbohydrate	4.5g	19.6g
Sugars	0.5g	2.0g
Dietary fibre	0.5g	2.1g
Sodium	110mg	424mg





Recipe developed by WASCA



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