



Country Cottage Rolls - vegetarian

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A vegetarian 'sausage' roll

Traffic light category: Amber

Serves:

36 mini rolls (30g each); maximum 5 per serve

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 reduced salt soy sauce
- 250g reduced fat cottage cheese
- 2 eggs, lightly beaten
- 4 sheets 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 vegetables 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.



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