

## **Healthy Sausage Rolls**

### **Ingredients**

**2 Sheets frozen puff pastry**  
**500g mince**  
**1 small zucchini – grated**  
**1 small carrot – grated**  
**1 small onion - grated**  
**1 cup breadcrumbs**  
**1 egg**  
**1Tbs Tomato Paste**  
**Salt & Pepper to taste**  
**1Tbs milk**

### **Method**

**Preheat oven to 200 degrees.**  
**Line 2 trays with baking paper.**  
**Place pastry on board to thaw.**  
**Mix mince, zucchini, carrot, bread crumbs, egg & tomato paste in a bowl.**  
**Cut each sheet of thawed pastry in half.**  
**Divide mixture into 4 and form into sausage shapes as long as pastry.**  
**Fold pastry over sausage shape.**  
**Using serrated knife, cut each roll into 5 or 6 smaller ones.**  
**Place on trays, seam-side down.**  
**Brush with milk.**  
**Bake for 20-25 minutes or until golden.**  
**Remove from oven & allow to cool.**  
**Serve with tomato sauce.**  
**Bake for 25-30 minutes or until golden and puffed. Serve warm with the tomato sauce.**