

Ms. Teeling: Healthy Homemade Sausage Rolls

Ingredients:

150g plain flour

75g butter

2-4 tablespoons water

6 sausages / 200g sausage meat

1 teaspoon mixed herbs/oregano

1 egg



Method:

1. Pre-heat oven to 200 degrees celsius.
2. Rub the flour and butter together using your fingertips until the mixture resembles breadcrumbs
3. Add the water, a little at a time to the mixture and stir with a knife until a ball of dough forms which leaves the sides of the bowl clean
4. Knead the dough on a floured surface until smooth. Refrigerate the dough for 5 – 10 minutes.
5. Roll the dough out into a long rectangular shape.
6. De-skin the sausages / Put the sausage meat into a bowl, add the herbs and mix with a fork until all combined.
7. Roll the sausage meat into a long sausage shape to fit the pastry.
8. Shape and score the pastry.
9. Brush the pastry with egg and place into the oven for 20 – 25 minutes until golden brown

