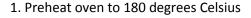
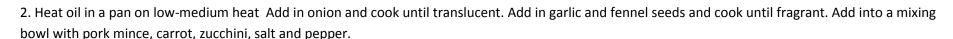
Ingredients

- 300 g pork mince
- 1 teaspoon fennel seeds, crushed.
- **2** garlic cloves, minced.
- 1 onion, thinly diced.
- 1 carrot, grated.
- 1 zucchini, grated and extra liquid squeezed out.
- 2 sheets of butter puff pastry, defrosted.
- 1 egg, lightly beaten.
- Sea salt and freshly ground black pepper, to taste.
- 1 tablespoon sesame seeds.

Directions





- 3. Slice each sheet of puff pastry in half and place a quarter of the mixture down the middle. Pat into a long sausage shape. Brush the sides of the pastry with the whisked egg. Fold both sides of the pastry over into the middle, do as firmly as possible.
- 4. Cut into 6 equal lengths. Transfer to a baking tray. Brush with more egg mixture and sprinkle with sesame seeds. Repeat this with the remaining puff pastry and place tray into oven. Bake for 25-30 minutes, or until cooked through, puffed and golden.

Note - Serve with Sugar Free Tomato Sauce - Check out Recipe34 PDF file in the Archives for the home made Tomato Sauce.

