

July: “Pork & Fennel Sausage Rolls” | 2015

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

1. Preheat oven to 180 degrees Celsius
2. Heat oil in a pan on low-medium heat. Add in onion and cook until translucent. Add in garlic and fennel seeds and cook until fragrant. Add into a mixing bowl with pork mince, carrot, zucchini, salt and pepper.
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.