



HIDDEN VEG SAUSAGE ROLLS (TM7, TM6, TM5)

⏱ 10 min. ⌚ 45 min. 🌿 easy 🍴 16 pieces

INGREDIENTS

Filling

60 g bread, torn into pieces
300 g zucchini, cut into pieces (4 cm)
2 garlic cloves
80 g onion, cut into halves
20 g extra virgin olive oil
80 g carrot, cut into pieces
500 g pork mince, broken in pieces
(see Tips)
½ tsp sea salt (optional)
60 g Worcestershire sauce
20 g tomato sauce

Assembly

plain flour, to dust
2 sheets puff pastry (see Tips)
1 egg, lightly beaten
1 tsp sesame seeds, to garnish

USEFUL ITEMS

bowl, baking tray, baking paper, pastry
brush, silicone baking mat

THERMOMIX PARTS

measuring cup, simmering basket,
spatula

KITCHEN EQUIPMENT

refrigerator, oven

Preparation

Filling

1. Place bread into mixing bowl and grate **8 sec/speed 8**. Transfer to a bowl and set aside.
2. Place zucchini into mixing bowl and chop **5 sec/speed 5**. Transfer to simmering to basket, squeeze to drain off excess liquid and set aside.
3. Place garlic, onions, carrots and oil into mixing bowl, then chop **5 sec/speed 5**. Scrape down sides of mixing bowl with spatula.
4. Add reserved zucchini and sauté **5 min/120°C/speed 1**.
5. Add mince, salt (optional), Worcestershire sauce, tomato sauce and reserved bread crumbs, then mix **30 sec/↻/speed 4**. Transfer to a bowl and set aside to cool, then cover and place in fridge until needed.

Assembly

6. Preheat oven to 200°C and line 2 baking trays with baking paper.
7. Cut puff pastry sheets into halves and transfer to silicone bread mat or lightly floured work surface. Place ¼ of the reserved pork mixture onto the long edge of each pastry sheet half then, brush edges of pastry with beaten egg and roll. Cut into four equal-sized pieces, making 16 sausage rolls.
8. Place half the rolls on each prepared tray, seam side down. Brush with beaten egg, cut 2 small slits in centre of each to allow steam to escape then, sprinkle with poppy seeds. Bake for 25-30 minute (200°C) until puffed and golden brown (see Tips). Serve warm or cold.

TIPS

- Both trays of sausage rolls can be baked at the same time. Halfway through baking time, switch the trays around in the oven to ensure even cooking and browning.



- Make your own puff pastry, see Cookidoo® for our Quick puff pastry recipe.
- For smaller rolls, cut each roll in half again to make 32 rolls and bake for 18-20 minutes (200°C).
- Substitute pork mince for half pork, half beef if preferred.