

Veggie Sausage Rolls

10 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to a hot 220 oC and line 2 baking trays with baking paper.
2. Place sweet potato in a steamer and cook until soft. Set aside to cool down.
3. Meanwhile, cook the onion, garlic and seasoning until soft and fragrant.
4. In a large bowl, add the grated zucchini, feta, canned beans and onion mixture.
5. Add the cooled sweet potato, mash and mix together. Season with salt and pepper.
6. Place 1 pastry sheet on a clean surface and cut in half. Shape a portion of the sweet potato mixture into a long sausage along the long edge of the pastry.
7. Spray the ends of the pastry with olive oil spray, a little egg or a little milk to help it stick and roll the pastry over the filling, leaving the seam on the bottom.
8. Cut the pastry log in half and then half again until you have 4 pieces. Place onto prepared trays, brush or spray with the oil, egg wash or milk and sprinkle with sesame seeds. Repeat with the rest of the pastry and filling, being careful to take the filling right to the edges but also, not overfilling.
9. Bake for 20-25 minutes or until golden. Freeze for school lunches or eat them straight away!

Ingredients

- 600 grams** Sweet Potato (peeled, roughly chopped)
- 1 tbsp** Extra Virgin Olive Oil
- 1** Yellow Onion (finely chopped)
- 1 tbsp** Moroccan Seasoning
- 1 tsp** Garlic Powder (or jarred minced garlic)
- 1** Zucchini (grated, extra moisture squeezed out)
- 2 cups** Red Kidney Beans (crushed, or any type of canned bean)
- 1/2 cup** Feta Cheese (Danish, crumbled)
- 3** Frozen Puff Pastry (sheets, thawed)
- 1 tbsp** Sesame Seeds (optional)

Nutrition

Amount per serving

Calories	150	Iron	3mg
Fat	6g	Vitamin D	2IU
Carbs	17g	Folate	57µg
Fiber	7g	Vitamin B12	0.2µg
Sugar	2g	Magnesium	42mg
Protein	8g	Zinc	1mg
Calcium	128mg	Selenium	3µg