

SAUSAGE ROLLS

2 sheets ready to roll puff pastry
12oz (340g) Jimmy Deans reduced fat x2
16oz 7% fat ground beef (mince) x1
1 egg
Bread crumbs optional
Pastry wash (1 egg and 2 tbsp milk mixed)

Thaw and lightly roll pastry sheets then cut each sheet into 3 strips. Mix all other ingredients together then divide into 6 even balls. Take each ball and shape into long sausage and place on middle third of each pastry strip. Brush along one edge of pastry with pastry wash then fold pastry over the sausage until it is totally covered. Roll over to make sure pastry seam is on the bottom. Brush over pastry with wash then cut into 5 or 6 even pieces. Place on oven tray and bake at 200°C (400°F) until golden brown.

Enjoy while hot with tomato sauce (ketchup).

