

Healthy Sausage Rolls

500g lean minced beef
1 cup breadcrumbs
1/2 cup rolled oats
2 Tbsp cold water
1 tspn minced garlic
1/4 cup chopped parsley
1 tspn Italian herbs (or basil, oregano, mixed herbs)
1/2 cup grated carrot
1 onion, finely chopped
1 egg
1 tspn onion salt
1 tspn curry powder
12 sheets filo pastry
2 Tbsp olive oil

Mix all ingredients (except pastry) together in a bowl. Lay a sheet of filo pastry on the bench or large board. Brush with olive oil; layer another sheet on the top and brush with oil. Repeat until you have 6 sheets of filo on top of each other. Cut in half vertically and put ¼ of the filling mixture shaped into a log along the long edge of the pastry. Roll up, place onto a lightly greased oven tray and then brush outside surface with olive oil. Repeat with remaining filo and filling. Bake at 180C for 20 –25 minutes or until filling is cooked and filo is golden. Cool for a few minutes and then cut each log into 3 or 4. Serve with relish/chutney and salad. Makes 12-16.

Health Habits:

- Using lean beef mince rather than sausage mince
 - Bulking out the mixture with breadcrumbs, oats and grated vegetables – adds more fibre and nutrient value
 - Using a pastry made with canola oil – this is good for heart health.
- NB. Pastry is still a high fat/high calorie food so should be restricted for overweight people