

# Veggie Packed, Egg Free Mini Sausage Rolls

- 500g of Lean Beef or Lamb Mince
- 1 diced onion
- 2 diced carrots
- 1 sliced zucchini
- Cup of corn
- 2 cloves of garlic
- 1/2 Tsp of Cinnamon
- Generous squeeze of coriander paste. (Use fresh if on hand)
- 2 tbsp of Tomato Paste or Tomato Sauce
- 4-5 sheets of puff pastry

Pre-heat oven to 200 degrees Celsius. Line baking trays with baking paper.

Pop meat, veggies and spices into food processor and pulse till meat and veggies are finely processed. (This helps bind it together really well)

Cut the pastry sheets into 4 even squares. Place even amounts of the mixture along the edge of the pastry and roll the sheets up, pushing the seam down. Place the rolled up pastry seam down and cut into 4 small pieces and place on the baking trays. Continue until there is no mixture left.

I cannot use an egg wash obviously, so I washed the pastry with milk. If you are dairy free, use rice milk.

Cook for 15-25 minutes until golden and puffy.

Enjoy!

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