



## 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.