

# chicken sausage rolls

Sarah Brill, mother of Milo Dauth (Year 3)

**MAKES** 8 large or 20 mini

500g chicken or turkey mince  
½ red onion, finely chopped  
1 carrot, grated  
1 zucchini, grated, squeezed of excess liquid  
1 egg, plus 1 extra beaten egg mixed with 2 tbs milk  
4 frozen puff pastry sheets, thawed, halved  
Sesame seeds, to sprinkle

Preheat the oven to 200°C and line a large baking sheet with baking paper.

In a large bowl, mix the chicken mince, onion, carrot, zucchini and egg until well combined.

Cut the puff pastry sheets in half. Spread a quarter of the chicken mixture down one half of each piece and roll up to enclose. Press with a fork to seal, then repeat with the remaining mince mixture and pastry.

Halve each roll, or cut into 5 to make mini rolls. Brush pastry with the beaten egg and milk, then sprinkle with sesame seeds. Bake in the oven for 25 minutes or until golden and cooked through.

This recipe comes from my sister, who often makes a batch of them for us to keep in the freezer. They're great to have on hand for a quick kids' dinner or before a sport match.

PHOTOGRAPHY: GEORGINA EGAN

