

Sausage rolls



Ingredients

(makes about 8 good sized sausage rolls)

250g puff pastry (convenience is fine)

Plain flour for rolling

250g good quality sausage meat

1 small onion

1 handful coriander

1 handful flat leaf parsley

1tsp English mustard

1tsp wholegrain mustard

1 egg

chilli flakes (optional)

oats (optional)

Method

Preheat the oven to 180C full fan. Line a baking tray with baking parchment.

Peel and finely dice the onion. Tip into a large bowl.

Chop the coriander and parsley as finely as you can and add to the bowl with the onion.

Add the sausage meat and mustards and mix together well. Set aside.

Roll out the puff pastry to an 8th of an inch thick.

Roll the sausage meat out in your hands to about 1-inch thick sausages and place in rows on the rolled-out pastry, starting the first row about 2 inches from the edge so you can roll this over the sausage meat. Leave a space of around 2 inches between each row.

Crack the egg into a cup and give a quick whisk with a fork. Brush a little egg over the pastry on either side of the sausage meat, so the pastry sticks together when you roll it over.

Roll the pastry over the sausage meat so it just overlaps, then cut the pastry along the length of the sausage roll and repeat. Brush the top with the remaining egg and dust with the chilli flakes and oats. Cut into 2-inch-long sausage rolls then transfer onto the lined baking sheet and bake for about 25 minutes, or until golden.

Once cooked, transfer the sausage rolls to a wire rack to stop the pastry underneath from going soggy. Allow to cool for around 10 minutes before eating. Can keep in the fridge for up to 3 days.