

Pork & Apple Sausage Rolls

Serves
Makes 6

Prep Time
20 - 25 mins

Cooking Time
20 - 30 mins



Ingredients

- 300g Specially Selected Pork mince (ideally from the shoulder)
- 1/4 red onion, very finely chopped
- 1 sprig of thyme (leaves picked)
- Grated zest of 1/4 lemon
- 1/4 tsp fennel seeds (toasted and finely crushed)
- Pinch dried chilli flakes (optional)
- Salt & pepper
- 370g sheet of ready rolled puff pastry
- 1 egg, beaten
- 1 royal gala apple, grated and excess juice removed by squeezing together in hands

Cooking Method

- Preheat the oven to 200°C/gas 6.
- Combine the mince, red onion, apple, thyme leaves, fennel seeds, chilli flakes, lemon zest and salt & pepper in a bowl.
- Cut the rolled pastry sheet in half lengthways. Place a strip of mince down the centre of each, lengthways, going right up to the edges. Brush the exposed pastry with beaten egg. Take the edge of the pastry and roll up and seal.
- Brush with more egg on top and the sides. Take a small sharp knife and cut 3 small score lines along the top of each sausage roll.
- Line a baking sheet with greaseproof paper and place into a hot oven for 20 minutes until golden brown, puffed up and cooked right through.
- Serve with a green salad and tomato ketchup or chutney.



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