



## Homemade sausage rolls

### Ingredients

You will need (please do NOT measure out ahead of time)	Alternatives (only if you can't find the ingredient)
½ cup quick-cook oats or breadcrumbs	or 1 weetabix or you can make your own by toasting bread and then blitzing in food processor
500g premium beef mince or chicken mince	or you could have a mixture of both meats or tofu or tinned lentils or ricotta mixed with grated cheese
1 onion *** please dice ahead of time	
1 zucchini	
2 carrot	
1 cup mushrooms or 1 red capsicum	
1 large Granny Smith apples	or any apples
1 egg	
2 tablespoons tomato paste	
½ bunch of parsley, fresh or dried	or any dried Italian herbs
¼ teaspoon paprika	
6 slices frozen puff pastry	or mountain bread



## Equipment (have ready before class):

- Clean working space, ideally in kitchen
- 1-2 baking trays lined with baking paper
- 1 chopping board
- 1 knife (or [foost knife](#))
- 1 medium mixing bowl
- 1 grater
- 1 cup measure
- ½ cup measure
- 1 teaspoon measure
- 1 tablespoon measure (or metal tablespoon)
- 1 mixing spoon
- Apron, optional

### Note:

- Make camera so you can see your hands and face
- We are using the oven today
- Adult supervision required