

COOKING IDEAS – CHICKEN SAUSAGE ROLLS



A sausage roll could be used as an entrée. Be creative.

Ingredients



- 250 g chicken mince
- ½ an onion
- ½ carrot (finely grated)
- 1 clove of garlic
- 1 zucchini (finely grated)
- 1 cup fresh breadcrumbs
- Salt & pepper (to taste)
- 2 sheets of frozen puff pastry
- 1 egg (lightly beaten)
- 1/3 cup of milk
- 1/6 cup of sesame seeds



Method

1. Start a fire to make coals for the cooking.



2. Preheat a camp oven. The temperature needs to be about 190 deg C.





Method (Continued)

3. Line a baking tray with baking paper.
4. Lay the pastry sheets out to defrost.
5. Crush the garlic.
6. Finely chop the onion.
7. Finely grate the carrot and zucchini.



8. In batches combine the chicken mince, onion, carrot, zucchini, garlic, breadcrumbs and the salt and pepper in a camping food processor.





Method (Continued)

9. Thoroughly mix the processed batches together in a bowl.



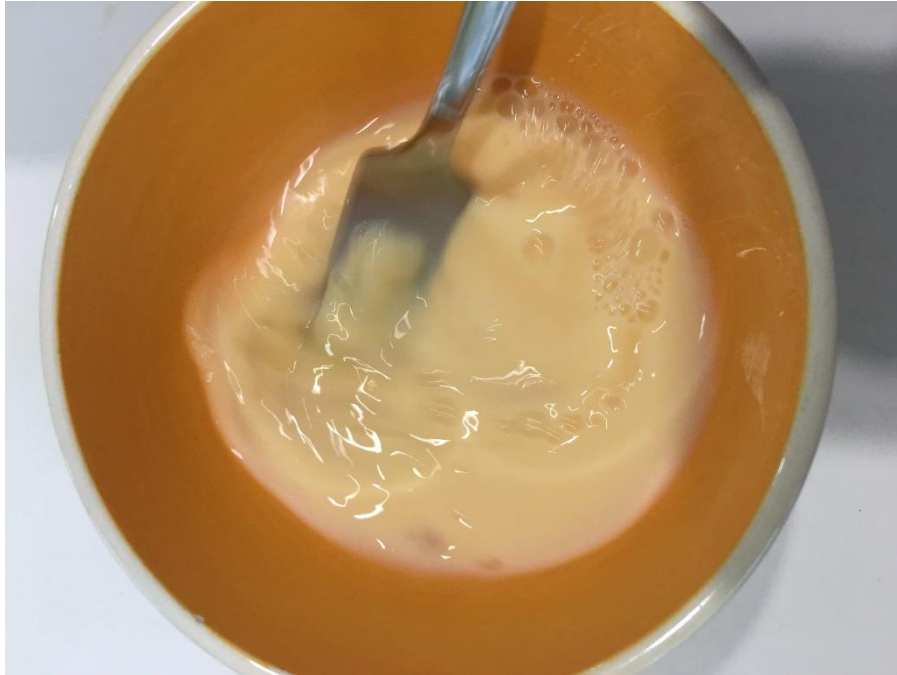
10. Cut the pastry sheets in half and evenly distribute the chicken mix between the four pieces.



Method (Continued)



11. Mix the egg with the milk.



12. Roll the chicken mix in the pastry and use the egg / milk wash to seal.





Method (Continued)

13. Cut each log into five pieces.



14. Lay the sausage rolls onto the baking tray and brush the egg / milk wash over the tops. Sprinkle with sesame seeds .



Method (Continued)



15. Bake for 40 – 45 minutes. Serve with sauce.

