

# Cheesy Sausage Rolls.

Shared by Julia from the MND Association Products Team

**Servings:** 12 sausage rolls

**Prep time:** 15 minutes

**Cook time:** 25-30 minutes

## Ingredients

- 1 sheet ready-rolled puff pastry (about 320g)
- 400–500g sausage meat (or sausages with skins removed)
- 1 small onion, finely grated
- 1 tsp dried mixed herbs
- Pinch of black pepper
- 75g mature cheddar, grated
- 1 egg, beaten (for glazing)
- Sesame seeds or poppy seeds (optional)

## Recipe

1. Preheat oven to 180°C (fan) and line a baking tray with baking paper.
2. In a bowl, mix the sausage meat with the onion, herbs, cheese and pepper.
3. Unroll the puff pastry and cut it lengthways into two equal strips.

(Turn over for the rest of the recipe)

4. Divide the sausage mixture into two long logs and place one down the centre of each pastry strip.
5. Brush one edge of each pastry strip with beaten egg.
6. Fold the pastry over the sausage meat and press the edges together firmly to seal.
7. Turn so the seam is underneath.
8. Cut each long roll into 6 pieces (12 total).
9. Place on the baking tray, brush with the beaten egg and sprinkle with seeds if using.
10. Cut a small slit in the top of each roll.
11. Bake for 25-30 minutes until the pastry is puffed and golden and the filling is cooked through.