

National Sausage Week - Vegetarian Sausage Rolls

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Vegetarian Sausage Rolls

Ingredients

1 tbsp olive oil
1 onion, finely chopped
150g/5½oz carrot, peeled and grated
1 tbsp Chef William Garlic Powder
2 tsp Chef William Fennel Seeds, lightly crushed
450g SQF Vegetarian Sausage Mix
675ml cold water
200g Chef William Red Lentils, cooked as per pack instructions
2 tbsp Chef William Rubbed Sage
Salt and freshly ground black pepper
500g ready-made puff pastry
Plain flour, for dusting
1 beaten free-range egg, for egg wash
2 tbsp Chef William Poppy Seeds

Method

- 1.) To make the filling, heat the olive oil in a frying pan over a high heat. Add the onion and cook for 5 minutes. Add the carrot, garlic powder and fennel seeds. Cook for a further 5 minutes. Tip into a large bowl and leave to cool.
- 2.) When the mixture has cooled, add the cooked lentils, sage and some salt and pepper to taste. Mix the vegetarian sausage mix and 675ml of cold water. Mix and leave to stand for 5 minutes, before adding it to the vegetable and lentil mixture.
- 3.) Roll out the puff pastry on a lightly floured surface to a large rectangle, about 40cm x 25cm. Cut in half, so that each piece measures 25cm x 20cm. Have the shorter side of each piece facing you.
- 4.) Shape one half of the sausage filling into a log down the right-hand side of one piece of pastry. Brush the right edge and the top and bottom edges with a little egg wash. Fold the pastry from the left-hand side over the filling to enclose it and press the edges together to seal.
- 5.) Repeat with the other piece of pastry and the rest of the filling. Place both filled pastry rolls in the fridge for an hour to rest and firm up.
- 6.) Preheat the oven to 200C/180C Fan/Gas 6 and line a baking tray with baking parchment. Take the pastry rolls out of the fridge, cut each one into four even lengths, and place on the lined tray. Brush with beaten egg and sprinkle with poppy seeds.
- 7.) Bake for 30-35 minutes, or until golden-brown. Best eaten while hot - save one for us!



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