SAUSAGE ROLLS

Ingredients

1 x 500g pack beef sausage mince or good quality sausages

2 brown onions roughly sliced

2 carrots, peeled and sliced

1-2 apples or pears, quartered, cored and chopped roughly

1 tomato quartered

1 small bunch fresh herbs, sage , thyme, parsley work well

½ tsp nutmeg

1-2 tsp Dijon mustard

Salt and pepper

¼ cup balsamic vinegar

6 sheets puff pastry

Preheat oven to 200c.

Arrange ingredients except meat and pastry on baking dish and bake for 20mins.

Remove tray from oven and cool slightly.

Blend veg and fruit mixture to a paste and transfer into large mixing bowl.

Blend sausage mince and veg mix together with hands, scrunching and squeezing to combine.

Cut pastry sheets into two rectangles each and lay out on bench.

Divide mixture between pastry arranging mix like a snake down the middle.

Roll up so pastry over laps. Cut sausage rolls into 6 and arrange on baking tray.