



## Sausage rolls

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## Ingredients

- 1 cup Brown Lentils
- 6 Button mushrooms
- 1 Onion
- ½ tsp ground Bay leaves
- 1 tsp ground Coriander seeds
- ½ tsp crushed dry red chilly
- 1 tsp mixed herbs
- 3 tsp BBQ spice
- 2 tsp Mild yellow curry
- 2 tsp Tomato paste
- 10 ml Psyllium husk powder
- 30 ml Pea flour
- Salt to taste
- 1 kg Puff pastry (recipe on website under pastry)

## Method

- Cook lentils in water until soft. Drain and set aside.
- Chop Mushrooms about the size of the lentils.
- Fry the mushroom at high temperature in a little oil. Set aside.
- Chop the onion and fry together with Bay leaves, Coriander, Red chilly, and mixed herbs. with a little oil.
- Add the fried mushrooms.
- Add the spices and fry mixing until all spices is mixed in.
- Gradually add 1 cup of water.
- Add Tomato paste.
- Add the cooked Lentils and cook until dry. Stirring all the time.
- leave till cool and add Psyllium husk powder and Pea flour. Mix with hands until mixture can hold balls.
- Prepare pastry and roll out. Brush the pastry with egg wash.
- Place filling pressed into a sausage (wet your hands then it will not stick) on the pastry.
- Fold over and let pastry just overlap. Cut to desired size.
- Brush with egg and bake at 200°C for about 20 min or golden brown.
- Best serve warm.

Make 24 small Sausage rolls

