

Sausage Rolls Makeover



Original Sausage Rolls

Serving size: 120g
Cost per serve: \$0.97*



Makeover Sausage Rolls

Serving size: 120g
Cost per serve: \$1.33*

Easy changes we made for the healthy way

We reduced the energy, saturated fat, salt (sodium) and increased the vegetable content by:

- Making the sausage rolls rather than buying pre-made
- Used bread wraps instead of puff pastry
- Made the filling with lean meat and vegetables



Ingredients- 10 serves

Original

Example- New Way- Alison's Choice
frozen sausage rolls 800g

Pastry- Wheat flour, water, salt, emulsifier
(471, 322), acidity regulator (500),
antioxidant (306), acid (330), colour
(160a), water, colour (160b, 100).

Filling- Water, lamb (35% of filling or 17%
of total weight), breadcrumbs, textured
soybean protein, salt, beef bouillon
seasoning, spices, onion bouillon
seasoning

Meat = approx 17% total weight

Makeover

Canola Oil	15ml
Onion, chopped	75g
Garlic, minced	15g
Beef mince	500g
Lemon zest	5g
Dried thyme	1 tsp
Worcester sauce	15ml
Cracked black pepper	½ tsp
Tapioca starch	25g
Skim milk powder	15g
Ice	75g
Grated carrot	70g
Wraps (25x20cm)	5
Egg	1
Sesame seeds	2 Tbsp

Method for Makeover

Meat = approx 50% total weight

1. Heat oven to 175°C
2. Heat canola oil in a frying pan and gently sauté onion until soft
3. Add garlic and sauté for one minute then remove from heat
4. Refrigerate until cold
5. In food processor blend meat with lemon zest, thyme, pepper, Worcester sauce, tapioca starch and skimmed milk powder until well combined
6. Add ice and continue to blend until smooth and sticky
7. Remove from food processor and mix in grated carrot, onion and garlic
8. Form a sausage of meat paste along one edge of each wrap
9. Roll them up tightly
10. Beat the egg and brush over the top of each roll
11. Sprinkle with sesame seeds
12. Cut each roll into six pieces
13. Place on a baking tray and bake for approximately 15 minutes or until cooked through and golden brown

If you don't have tapioca starch, use cornflour.

Nutrient Information

	Original	Makeover	Difference
	Per serve	Per serve	Per serve
Energy	1278kJ	817kJ	461kJ
Fat	15.3g	6.5g	8.8g
Saturated fat	8.6g	1.9g	6.7g
Carbohydrate	32.3g	18.2g	14.1g
Sodium (Na)	813mg	168mg	645mg

*Costs as at July 2013, Countdown Online <http://shop.countdown.co.nz/>