

# Lunch

## RECIPE CARD

### Sausage Rolls (serves 3, 2 per portion)

#### RECIPE NAME

Lunch

#### MEAL TIME

10 minutes

#### PREP TIME

30 minutes

#### TIME TO COOK

You could also save time and use standard fat free sausages. Always check measurements for accurate calories.

#### NOTES

Approx 392 kcal  
per 2 sausage rolls

#### CALORIES

## INGREDIENTS

- ★ 740g lean minced pork (5% fat or less)
- ★ ½ Onion, finely chopped
- ★ ½ tsp fresh or dried Thyme
- ★ ½ tsp fresh or dried Sage
- ★ 1 tsp chopped fresh Parsley
- ★ 1 tsp Sea Salt
- ★ ½ tsp freshly ground Black Pepper
- ★ dash of Worcestershire sauce
- ★ ½ tsp English Mustard Powder
- ★ 3 Low-Calorie Tortilla Wraps
- ★ 2 medium Eggs, beaten in separate bowls (1 for the filling, 1 for glazing)
- ★ Low-Calorie Cooking Spray

## METHOD



Preheat the oven to 200°C (fan 180°C/gas mark 6)



Place the mince in a large bowl, then add all the remaining ingredients (apart from the tortilla wraps, eggs and cooking spray) and mix thoroughly.



Spray a baking tray with some low-calorie cooking spray. Divide the sausage meat into six equal sausage shapes, place them on the baking tray and cook in the oven for 15 minutes.



Remove from the oven and leave the sausages until they are cool enough to handle. Lay a tortilla wrap flat on the work surface and brush all over the top side with the beaten egg. Place two sausages at one end and roll them up tightly in the wrap.



Cut the wrap in half, tidying up the ends (At this point you could freeze the sausage rolls in an airtight container for cooking on another day)



Place the six sausage rolls on the baking tray and brush each one with the remaining beaten egg. Cook in the oven for 10 minutes, or until they are golden brown. Once cooked, remove and allow the sausage rolls to cool for a few minutes before serving.