



PUMPKIN, LENTIL & POMEGRANATE SAUSAGE ROLLS

INGREDIENTS

- 500g butternut pumpkin, cubed
- 2 tbsp olive oil
- 2 tsp paprika
- 1 tsp salt
- 1/2 tsp cracked black pepper
- 3 sprigs of spring (green) onion, finely chopped
- 1/2 cup mint, finely chopped
- 1/2 cup pomegranate seeds
- 1/4 cup walnuts, finely chopped
- Zest and juice of one lemon
- 1 x 400g can of brown lentils, drained and rinsed
- 100g danish feta
- 1/4 cup parsley, finely chopped
- 1 sheet of puff pastry
- 1 egg, whisked, for brushing
- Sesame seeds, to garnish

NOTES

Rolls will last in an airtight container in the fridge for up to 4 days or freezer for up to 3 months. You can find pomegranate seeds in the freezer aisle of some supermarkets or alternatively dried cranberries can be used in its place. To make this dish gluten free, opt for your favourite GF pastry

METHOD

1. Preheat oven to 200 degrees, fan forced. Line a baking tray.
2. Add pumpkin, olive oil, paprika, salt and pepper to a large bowl and toss to combine. Transfer to the baking tray and bake for 45 minutes or until soft.
3. Add the pumpkin to a large bowl and use a spatula or wooden spoon to mix through the remaining ingredients until completely combined. Lay out the puff pastry sheet/sheets and use your hands to mould the mixture into a log at the bottom edge of the sheet. Roll to create a large log then cut into small bite-sized pieces.
4. Brush with egg wash and sprinkle with sesame seeds. Transfer rolls to a lined baking tray. Bake for 20-25 minutes or until golden.