

Pork & Apple Sausage Rolls

with Rainbow Fries & BBQ Sauce

KID'S KITCHEN

NEW

KID FRIENDLY

Grab your meal kit with this number

42



Carrot



Potato



Parsnip



Apple



Pork Mince



Kiwi Spice Blend



Chicken-Style Stock Powder



Fine Breadcrumbs



Filo Pastry



Mixed Sesame Seeds



BBQ Sauce



Beef Mince



Lamb Mince

Prep in: 20-30 mins
Ready in: 50-60 mins

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! The humble sausage roll, could it possibly be improved? A pork and apple filling provides the perfect balance of sweet and savoury, wrapped up in flaky filo for the perfect hand-held bite. We think we've nailed it!

Pantry items

Olive Oil, Egg, Milk

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
parsnip	1	2
apple	½	1
pork mince	1 medium packet	2 medium packets OR 1 large packet
kiwi spice blend	1 sachet	2 sachets
chicken-style stock powder	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
filo pastry	1 medium packet	1 large packet
milk*	1 tbs	2 tbs
mixed sesame seeds	1 medium sachet	1 large sachet
BBQ sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3068kJ (733Cal)	597kJ (143Cal)
Protein (g)	40.2g	7.8g
Fat, total (g)	27g	5.3g
- saturated (g)	7.7g	1.5g
Carbohydrate (g)	82.5g	16.1g
- sugars (g)	25.9g	5g
Sodium (mg)	1538mg	300mg
Dietary Fibre (g)	9.9g	1.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot, potato** and **parsnip** into fries.
- Grate **apple** (see ingredients).



Bake the sausage rolls

- Brush the **milk** over the top of the **sausage rolls**. Sprinkle over a pinch of **mixed sesame seeds**.
- Place **sausage rolls**, 3cm apart on the lined oven tray. Bake in oven until golden, **25-30 minutes**.

Little cooks: Lend a hand by helping to line the baking tray!



Prep the filling

- In a large bowl, combine **pork mince, kiwi spice blend, chicken-style stock powder, fine breadcrumbs, apple** and the **egg**.

Little cooks: Help with cracking the egg.



Bake the fries

- Place **veggie fries** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

Little cooks: Help toss the veggie fries on the oven tray before baking.



Assemble the sausage rolls

- Evenly stack 5 sheets of **filo pastry** with a drizzle of **olive oil** between each layer.
- Spoon the **pork mixture** down the longest side of filo sheet.
- Roll the **pastry** over into a sausage shape.
- Cut **sausage rolls** into 6 even pieces.

Little cooks: Join the fun by helping roll the pastry into a sausage shape.



Serve up

- Divide pork and apple sausage rolls and rainbow fries between plates.
- Serve with **BBQ sauce**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



**CUSTOM
OPTIONS**



SWAP TO BEEF MINCE
Follow method above.



SWAP TO LAMB MINCE
Follow method above..

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

