

# Syn Free Sausage Rolls



**Serves 4**    **Prep 15 mins**

**Cooking 40 mins**

**Easy**

## Ingredients

450g of pork shoulder (all fat removed) or use extra lean ground pork  
1 onion, quartered & thinly sliced  
1/2 tsp of paprika  
1/2 tsp of ground sage  
1/2 tsp of sea salt  
1 egg, beaten  
8 slices of crustless wholemeal bread or 50/50  
chicken stock (approx 120ml)  
olive oil

1. Add pork to a food processor and pulse several times until finely ground.
2. Roll the bread thin with a rolling pin (this is important for that crisp golden look) and set aside.
3. Oil a frying pan over a medium-high heat. Add the onion and fry for 1-2 mins
4. Slowly add in a little stock and keep reducing down, do this until the onions are softened and a lovely golden yellow. Approx 5 mins. Allow to cool slightly.
5. Preheat oven to 210C/200C fan/Gas 7. Line a baking tray with parchment paper & oil the paper. Add the slices of bread to the tray.
6. Add the onion to the ground pork, along with the paprika, salt and ground sage, mix to combine.
7. Add a small part of the raw sausage mixture to one side of a slice of bread, in a rough sausage shape. Brush the other end of the bread with egg.
8. Carefully roll up into a sausage roll, so it is sealed tightly.
9. Score the top with a sharp knife and brush over the top with beaten egg. Repeat with the other slices of bread. So you have 8 sausage rolls.
10. Bake in the oven for approx 20-25 mins until lovely and golden in colour and sausage is cooked through. Serve hot or cold with your choice of sides.