

Glamorgan sausage rolls

Ingredients:

For the sausage mix

150g leeks (around 2 small leeks)
100g / 1 cup breadcrumbs
1 ½ tsp smoked paprika
1 ½ tsp sage
1 tsp mustard
Large pinch black pepper
2 tbsp nutritional yeast
250g apple sauce (unsweetened if possible)

For the pastry

1 sheet puff pastry (270g)
¼ cup stock (I used ½ stock cube with boiling water)
1 tbsp black sesame seeds

Method:

Preheat the oven to 200°C

Finely chop the leeks then add the spices, breadcrumbs and nutritional yeast and mix together

Then add the jar of applesauce and combine until everything is fully coated

Get in there with your hands, and roll the mixture into 3 similarly sized sausages (it helps if they're approximately the same length as the shortest side of the pastry sheet)

Wrap the sausage mix in tin foil then pop in the fridge for 20 minutes

Take out of the fridge, then gently fry in a tsp olive oil for 6-7 minutes until turning golden on each side

Lay the sheet of pastry on a flat surface, pop one of the sausages along the shortest side, then roll the sheet over to make the first sausage roll

There should be a little overlap in the pastry, so using a fork crimp the edge to help seal it

Repeat this with the two other sausages then lightly wash in the vegetable stock mix

Gently score the top of the pastry with a knife then finish with a sprinkle of black sesame seeds

If you have any leftover pastry, get creative and cut out letters or shapes to pop on top of the sausage rolls

Bake in the preheated oven for 15 minutes, or until golden

Allow to cool (if you're patient enough) and enjoy!