



Individual mummy sausage rolls

Prep: 20 minutes • Cook: 25 minutes • Serves: 12



Ingredients

2 x 320g packs ready-rolled puff pastry
340g sausage meat
24 googly cake decorating eyes
3-4 tablespoons chutney
1 egg yolk

- 1** Pre-heat the oven to 190°C / 170°C fan / gas mark 5 and line a baking tray with greaseproof paper. Lay each roll of pastry out and cut in half lengthwise, and then each length into three equal pieces. Cut each piece into thin strips/bandages.
- 2** Take the sausage meat and mould into 12 equal sausages. Take one sausage and wrap it randomly in the strips of pastry to look like a mummy, leaving a little space for two eyes to go on once cooked.
- 3** Lay the sausage mummy rolls onto the baking sheet, brush with egg yolk and cook for 25 minutes, making sure the pastry is cooked through as it is thicker than a normal sausage roll because of the layers.
- 4** Once golden and cooked, remove from the oven and cool on a wire rack. Using a little of the chutney, glue the eyes onto the mummies. Serve with the remaining chutney as a dip on the side.

Nutritional info

Low phosphate **X**
Low potassium **✓**
Carbohydrate **17.1g**
Low protein **X**
Low salt **X**
Cost per portion (July 2023) **49p**
Energy in kcals **247**