



LENTIL SAUSAGE ROLLS WITH SPICY TOMATO SAUCE

Inspired by a recipe we found in a Woman's Weekly magazine, here is our take on a wholesome and tasty lentil sausage roll using a hearty combination of green lentils and walnuts. Vegetarian eating at its best....these rolls make a great lunch or dinner alongside a healthy salad and we highly recommend serving them with our delicious homemade spicy tomato sauce. Enjoy!

Serving Size: 4

Ingredients:

1 cup of **green lentils** (soaked and cooked)

1 small brown onion, finely grated

2 cloves of garlic, crushed

1/3 cup coarsely chopped roasted **walnuts**

1 teaspoon **sweet paprika**

1 teaspoon **ground cumin**

1/4 teaspoon **ground cinnamon**

1/4 teaspoon **dried chilli flakes**

1 free range egg, lightly beaten

10 sheets of filo pastry

Olive oil and basting brush

1/2 teaspoon sumac

Method:

Line an oven tray with baking paper and pre-heat your oven to 200°C/180°C fan.
Place the cooked lentils in a large bowl and lightly mash. Add your onion, garlic, walnuts, spices and egg and stir together well.
Layer five sheets of filo pastry, basting each sheet with a thin layer of olive oil between them.
Place half of the lentil filling along one lengthways side of the filo and roll to enclose filling.
Cut into four even lengths and place on the baking tray.
Repeat this with the remaining 5 filo sheet and filling.
Sprinkle rolls with sumac spice and bake for 30 minutes or until crisp and golden.

Inspiration:

Cut into smaller sizes for a great bite size party snack.

Spicy Tomato Sauce

A gorgeous homemade tomato sauce inspired by a Jamie Oliver recipe with a little fire added! Great for pizza topping, pasta or sides dishes.

Ingredients:

2 tablespoons olive oil

3 cloves of garlic

1/2 teaspoon chilli flakes

1 cups of basil leaves (packed down) picked and torn

500g soft ripe tomatoes chopped

Celtic sea salt and ground black pepper to season

Method:

Heat the olive oil in a non stick pan and saute the garlic for 1 minute on medium to high heat.
Add the chilli flakes, basil and tomatoes, squishing the tomatoes as much as possible.

Season with salt and pepper, and then bring to the boil for a minute before removing from the heat.

Strain the sauce through a fine sieve pushing the bigger bits through with a wooden spoon.

Discard the basil and garlic that is left over (or use for something else).

Pour the sauce back into the pan and bring to the boil then simmer for 5 minutes.

Note: The sauce can be stored in the fridge for up to a week or even frozen in smaller amounts for quick easy use.

Inspiration:

If you want to not waste any ingredients one alternative is to blend the tomato mixture, including the basil and garlic together until creamy. This will vary quite a bit in colour and appearance to the sieved version above.

Vegetarian | Sugar Free