Quorn™

SAUSAGE TWISTS

A healthier version of a sausage roll.

PREPARATION TIME: 10 minutes

COOKING TIME 20 minutes

SERVES: 8

INGREDIENTS

- 10 Quorn Sausages
- 150g puff pastry, ready rolled
- 1 egg, beaten

METHOD

1. Preheat the oven to 200°C/Gas Mark 6.
2. Lay out the pastry and cut 8 equal strips, approximately 1.5cm wide, from the shorter edge of the rectangle.
3. Wind one pastry strip around each sausage to produce a spiral effect and place onto a greased baking tray. Repeat with remaining sausages.
4. Brush each sausage spiral with beaten egg and bake for 15-20 minutes until the pastry is golden brown.
5. Delicious served hot or cold.

TIP – FOR A BUFFET IDEA CUT EACH SAUSAGE INTO THIRDS ONCE COOKED AND SKEWER WITH A COCKTAIL STICK.