

Sausage Rolls, Chips & Beans

Per Portion
778 Calories
25g Protein
84g Carbs
40g Fat



Ingredients

- 500g sausages squeezed from their skins
 - 85g stuffing mix
 - 1 carrot, grated
- 1 courgette, grated
 - 1 tsp oregano
 - 1 tsp paprika
- Sheet of puff pastry
- Egg white, whisked
- Tin of baked beans

For the chips:

- 1kg potatoes
 - 1 tbsp oil
 - 1 tsp salt
 - 1 tsp pepper

Method

1. Make up the stuffing mix as per the pack instructions.
2. In a bowl, combine the sausage meat, stuffing, grated carrot, grated courgette, oregano, and paprika. Mix well until all the ingredients are evenly incorporated.
3. Lay out the puff pastry sheet and cut it in half lengthwise.
4. Take portions of the meat mixture and roll them into sausage shapes, placing them just off centre of each pastry half, running the length of the pastry.
5. Fold the longer side of the pastry over the sausage meat, pressing the ends to seal. Cut the pastry roll into smaller sections, creating individual sausage rolls.
6. Brush the tops of the sausage rolls with the whisked egg white to give them a golden glaze.
7. Preheat your air fryer to 200°C.
8. Place the sausage rolls in the air fryer basket.
9. Air fry the sausage rolls for 15 minutes or until they are cooked through and golden brown.
10. Remove the sausage rolls from the air fryer and let them cool slightly before serving.
11. Heat the beans as per the pack instructions.

Let's make the chips:

1. Mix the oil with the salt and pepper in a large bowl.
2. Cut the potatoes into chips – you don't need to peel them if you don't want to.
3. Tip the bowl into the air fryer and cook for 10 minutes at 200c.
4. Shake the basket and cook for another 10 minutes at 240c shaking regularly.