Sweet Potato and Lentil Sausage Rolls

This weeks recipe of the week is a super delicious vegetarian Sweet Potato & Lentil Sausage Roll. Made using our organic French Puy lentils and rolled oats, they are great for family dinners or weekend picnics.

Recipe makes 30

Ingredients:

10 sheets of filo pastry

1 egg, beaten

2 teaspoons organic white OR black sesame seeds

Filling:

1 red onion, finely diced

1 clove of garlic, diced

2 tablespoons olive oil

3 teaspoons Moroccan Spice

400g Sweet Potato, peeled and grated

200g french puy lentils, cooked

1/2 cup dried breadcrumbs

1/2 cup rolled oats

1 1/2 cup vintage cheddar

2 tablespoons finely chopped flat leaf parsley

1 egg, beaten

Method:

1. To make the filling, heat half the oil in a large non-stick frying pan over a medium heat. Add onion and garlic and cook, stirring until soft.
2. Add the spice and cook for a further minute then transfer to a large bowl.
3. Add the remaining oil to the same hot pan and cook the sweet potato for about 5-7 minutes stirring occasionally.
4. Add the cooked sweet potato to the onions bowl and leave to cool.
5. Preheat the oven to 200'C and line 2 large oven trays with baking paper. Add the lentils, breadcrumbs, oats, cheese, parsley and egg to the sweet potato mixture. Season and mix well.
6. Divide the filling mixture into 5 portions. Lay out two sheets of filo pastry (one on top of the other) at a time. Shape the mixture into a firm log at one end of the filo pastry. Roll up to enclose the filling, brushing the edge of the pastry with egg before rolling over to seal. Repeat this 4 more times.
7. Cut each roll into 6 pieces (it helps to use a bread knife). Place the seam side down on the lined oven trays and brush the tops with egg.
8. Sprinkle with black sesame seeds and bake in the oven for around 25 minutes or until golden brown.
9. Serve with a tomato relish of your choice.