

Shannon Martinez plant-based cooking demo

Ingredients

400g v2 mince
1 zucchini - approx 220g
1 carrot - approx 100g
1 small brown onion - approx 200g
1 apple - approx 200g
2 cloves of garlic (optional)
3 tbs olive oil
1 tbs soy sauce
1 tbs chopped thyme
1 tbs chopped rosemary
1 tbs chopped sage
1 tsp fennel seeds
4 sheets vegan puff pastry
Oil or melted vegan butter for brushing

Instructions

1. Grate the zucchini, carrot and apple and squeeze out as much moisture as possible.
2. Finely dice the onion and add to the grated veg
3. Heat the olive oil over a medium heat and fry the veg, herbs and fennel seeds (and garlic if using) until soft and any excess moisture has evaporated. Season well with salt and pepper.
4. Place the cooked veg mix into a bowl and place in the fridge or freezer to cool for 10 minutes.
5. In a large bowl, add the V2 mince, soy sauce and cooled cooked veg and mix very well. Season again with salt and pepper.
6. Working with one sheet at a time, line the mix along one edge of the pastry and roll. Once sealed, trim any excess pastry and wrap. Continue until all the mix is used then chill the sausage rolls for half an hour.
7. Preheat the oven to 180 degrees.
8. Once the sausage rolls are chilled, place on a tray and brush with oil or melted butter. Bake for approximately 30 minutes or until golden

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