

Chickpea + Veggie 'Sausage' Rolls



Oliver + Tom

VEGGIE SHARING + LUNCH BOX RECIPE



Hello Snack Lover

These little rolls of deliciousness really pack a nutritional punch thanks to the hidden chickpeas and veggies.

Chickpeas not only provide a whole range of vitamins and minerals, but they are also high in protein and fibre, keeping little bellies feeling fuller for longer.

Perfect for lunchboxes and munching on the go or equally delicious served straight out of the oven. Not a sausage in sight but even the more veggie-shy kiddos will struggle to resist a 'sausage' roll or three!



Chickpea + Veggie ‘Sausage’ Rolls

Ingredients

- 3 sheets puff pastry
- 1 onion, roughly chopped
- ½ tbsp basil
- 1 400g can chickpeas, drained
equivalent to 100 g (1 cup) dried chickpeas
- 60g (1/2 cup) breadcrumbs
- 1 small carrot, roughly chopped
- 1 small red capsicum, roughly chopped
- 2 eggs
- 150g feta
- 1 tbsp tamari
- Small handful of fresh parsley, roughly chopped
- Milk, for brushing



Method

1. Preheat oven to 200 C and line a tray with parchment paper.
2. Remove pastry from freezer, cover with a damp cloth, and set aside to defrost.
3. Add onion, carrot, chickpeas, and parsley to a high-speed food processor and blitz for a few seconds until a ‘grated’ consistency is achieved.
4. Add all remaining ingredients except the milk and blitz again to combine.
5. To assemble, cut each puff pastry sheet in half to achieve two rectangles.
6. Add the chickpea mixture along the long edge, add a small amount of water along the outer edge, then roll the pastry over to seal.
7. Cut into five even rolls and place on baking tray. Repeat with remaining pastry and mixture.
8. Brush the rolls with a little milk then bake for 20–25 minutes or until golden.
9. Allow to cool slightly before serving.
10. Enjoy.

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