



# FIT FAST COOK

HOMEMADE IS HEALTHY

## Giant Sausage Roll



Serves	Prep Time	Cooking	Total Time	Calories
<b>0 people</b>				<b>kcal</b>

### Stuff that's in it:

- Ready To Roll Lighter Puff Pastry
  - Dusting Of Flour
- 450G Sausage Meat
- 1 Large Egg (Whisked)

### What you do:

Pre heat your oven to 180°c fan assist.

Unroll the pastry onto a floured surface. Place the sausage meat lengthways in the centre of the pastry, like a long thick snake. Slice strips either side of the sausage meat, so they can criss cross over the meat in a lattice type way. Fold each strip over each other on top of the meat, so its sealed, fold up each end and then brush with egg wash all over. Place on a non stick tray, squirt with a dash of oil if need be and bake until risen, golden and cooked all the way through, takes around 35 minutes.

### Nutrition

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