Honey Mustard Sausage Rolls

EASY • 35 MINS

Crispy pastry, juicy chicken – sweet Capilano Honey

Re-consider party snacks with these delectable Honey Mustard Sausage Rolls. An ideal match for outdoor gatherings, birthdays, movie nights and watching sports games with friends.



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	10 mins	25 mins	16

Ingredients

- 500g chicken mince

Method

1. Preheat oven to 200°C (fan-forced). Line a tray with baking paper.

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- 1 granny smith apple, peeled, cored & grated
- 1 tbsp Capilano Pure Honey
- 1 tbsp whole grain mustard
- 2 tsp Dijon mustard
- 1 tbsp fresh thyme leaves (or 1 tsp dried thyme)
- ½ tsp salt
- ½ tsp ground black pepper
- ½ cup fresh breadcrumbs (1 slice of bread made into crumbs) or ⅓ cup dried panko breadcrumbs soaked in 3-4 tablespoons milk
- 2 sheets puff pastry
- 1 egg
- 1 tsp Capilano Pure Honey (+ extra for brushing)
- 1 tsp sesame seeds, for garnish

Method

2. In a large mixing bowl, combine chicken, apple, honey, whole grain and Dijon mustard, thyme, salt, pepper, and breadcrumbs. Once mince is combined, divide into 4 equal portions.

3. Cut one puff pastry sheet in half. Place ¼ of the mince mixture on one half-sheet of pastry. Shape mince into a sausage shape along the long edge, spreading it evenly to each end.

4. Roll pastry around mince to create a long roll. Pinch pastry at seam to seal.

5. Seam side down, cut roll into 4 pieces and place on prepared tray. Continue with remaining mince and pastry portions.

6. In a bowl, whisk egg and honey together. Brush sausage rolls with egg mixture, then sprinkle with sesame seeds.

7. Bake for 25 minutes, or until golden and cooked through.

8. Sausage rolls can be frozen for storage before or after baking wrapped in cling film and aluminium foil for up to 3 months.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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