

# Veggie Rat Rolls



## Method

1. Preheat the oven to 200°C / 180 fan / Gas Mark 6
2. Heat the olive oil in a frying pan on a low heat and add the chopped onion. Cook the onion until soft. This is a hob job, so ask your grown-up helper to do this as the pan and the hob will be hot, hot, hot.
3. Add the grated carrot and the chopped leeks and cook for about 5 minutes, until all the vegetables are soft. Then take the pan off the heat.
4. In a large mixing bowl, add the cooked vegetables, breadcrumbs, grated cheese, the herbs and mix together. Then add in the egg yolk, this should help bind the mixture together. If the mixture is too dry, you could always add a second egg yolk.
5. Now for the sticky bit! With very clean hands, squidge the mixture into sausage shapes. You should be able to make about 4 with the mixture. Remember to wash your hands after handling raw egg.
6. Heat some sunflower oil in a frying pan and lightly fry the sausages for 10 minutes or until they are golden brown on each side. Take them off the heat and leave the sausages to cool.
7. On a clean floured surface, unroll the puff pastry and cut it into strips slightly wider than the sausages.
8. With clean hands roll the pastry strips around each sausage. Press the joins together firmly. You could use a dab of water to seal the pastry joins. Repeat this process with all the sausages.
9. Once you have all your sausage rolls, pinch each end to make a pointy face. Puff pastry tends to lose its shape in the oven, so make sure you make the noses very pointy!
10. Use any leftover pastry for decoration by rolling out long tails for your rats. Also add some small blobs of pastry for ears. Make sure to stick these on with a dab of water or milk, otherwise they may fall off in the oven.
11. Add a couple of raisins for eyes.
12. Before putting them into the oven, brush each sausage roll with a splash of milk. This will help them go golden brown in the oven.
13. Place the sausage rolls on an oiled baking tray. Make sure to leave enough space between each one, as puff pastry expands in the oven. Bake them for 25 minutes.
14. Once they're golden brown, ask your grown up helper to take them out of the oven and place on a cooling rack to cool.

## Ingredients

- 1 pack of ready rolled puff pastry (320g)
- 1 slice of white or brown bread, made into breadcrumbs
- 1 white onion, finely chopped
- 1/2 leek, chopped finely
- 1 large carrot, grated
- 150g cheddar cheese, grated
- 1 egg yolk
- 2 tsp mixed herb
- 1 tbsp Sunflower oil
- A few raisins for eyes