Vegetarian Sausage Rolls Recipe

Crispy, savoury, and packed with flavour, these Vegetarian Sausage Rolls are a delicious twist on a classic favourite! Made with a hearty mix of carrots, walnuts, oats, and feta cheese, wrapped in flaky puff pastry, they're perfect for parties, picnics, or a tasty snack. Quick to prepare and full of wholesome ingredients, these golden bites are sure to be a hit with everyone—vegetarians and meat-lovers alike. Serve warm with a side of tomato sauce for dipping, and enjoy! 🌱

Sample Recipe

	Recipe serves	Prepared for
	6	6

Ingredient	Amount		Scaled amount	
Carrot (small to medium)	75	g	75	g
Dried Oregano (tsp)	2	----	2	----
Walnuts	50	g	50	g
Rolled Oats	40	g	40	g
Egg (for binding)	1	----	1	----
Feta Cheese (cube 3cm)	70	g	70	g
Soy Sauce (or Tamari) (tsp)	3	----	3	----
Breadcrumbs	25	g	25	g
Puff Pastry (thawed, sheet)	1 1/2	----	1 1/2	----
Milk or Egg (for brushing)		----		----
Sesame Seeds (Optional)		----		----
Tomato Sauce (Optional)		----		----

Shopping List

Ingredients	Have it	Quantity
Carrot (small to medium)	☐	
Dried Oregano (tsp)	☐	
Walnuts	☐	
Rolled Oats	☐	
Egg (for binding)	☐	
Feta Cheese (cube 3cm)	☐	
Soy Sauce (or Tamari) (tsp)	☐	
Breadcrumbs	☐	
Puff Pastry (thawed, sheet)	☐	
Milk or Egg (for brushing)	☐	
Sesame Seeds (Optional)	☐	
Tomato Sauce (Optional)	☐	
	☐	
	☐	

Sample Instructions

1. **Preheat oven** to **200°C** (fan-forced 180°C). Line a baking tray with baking paper.

2. **Prepare filling :**
   In a food processor, pulse carrot until coarsely chopped.
   Add oregano, walnuts, and oats, pulse again until combined.
   Add egg, feta, soy sauce, and breadcrumbs, then pulse until mixture holds together (don't over-blend; keep some texture).

3. **Assemble rolls :**
   Cut puff pastry into 6 equal squares.
   Place 2 tbsp filling along one edge of each square, then roll tightly.

4. **Bake:**
   Place rolls seam-side down on the tray.
   Brush with milk or egg and sprinkle with sesame seeds (optional).
   Bake for 18-20 mins until golden and crisp.

5. **Serve:**
   Cool slightly and enjoy warm with tomato sauce (optional).

All Recipes