



Mushroom "Sausage" Rolls

Recipe By MICHAEL McMURTREY

SERVES: 6-8

INGREDIENTS:

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| <input type="checkbox"/> 1 leek, <i>cleaned well and chopped fine</i> | <input type="checkbox"/> freshly ground black pepper |
| <input type="checkbox"/> 1 bulb of fennel, <i>rinsed and chopped fine</i> | <input type="checkbox"/> ½ cup panko breadcrumbs |
| <input type="checkbox"/> 2 tbsp. olive oil | <input type="checkbox"/> 1 cup flat-leaf parsley, <i>about half a bunch</i> |
| <input type="checkbox"/> 4 cups mixed mushrooms, <i>chopped fine</i> | <input type="checkbox"/> 1 tbsp. fresh sage leaves, <i>chopped fine</i> |
| <input type="checkbox"/> ½ cup chopped walnuts | <input type="checkbox"/> 1 tbsp. fresh thyme, <i>removed from stems</i> |
| <input type="checkbox"/> 3-4 cloves garlic, <i>minced</i> | <input type="checkbox"/> 2 sheets of frozen puff pastry, <i>thawed in refrigerator</i> |
| <input type="checkbox"/> 1 tbsp. Dijon mustard | <input type="checkbox"/> ½ cup faux liquid egg or alternative milk |
| <input type="checkbox"/> ½ cup white wine | <input type="checkbox"/> 2 tsp. sesame seeds, <i>untoasted</i> |
| <input type="checkbox"/> sea salt | |

DIRECTIONS:

- ☐ 1. Heat 1 tbsp. of olive oil in a large frying pan over a medium-high heat, then add leeks and fennel. Cook for 10 to 15 minutes, or until golden. While they're cooking, finely chop the mushrooms.
- ☐ 2. Add the chopped mushrooms and garlic to the leeks and fennel. Cook for a further 5 minutes, or until the mushrooms start to soften. Add mustard and wine, season with salt and pepper, and then reduce the heat to low. Cook for 5 to 10 minutes, or until all the liquid has evaporated. Set aside or refrigerate to cool.
- ☐ 3. Once cooled, add the mushroom mixture to a large bowl. Stir in breadcrumbs, parsley, and sage. Stir well to combine. Check for seasoning and adjust if necessary.
- ☐ 4. Preheat your oven to 400°F. Line a large baking tray with parchment paper.
- ☐ 5. Cut the sheets of puff pastry in half lengthways so you have four equal-sized pieces. Spoon a quarter of the mushroom mixture along the middle of one length of pastry, moulding it into a long sausage shape.
- ☐ 6. Brush the "egg" along the pastry edges. Carefully fold one of the long sides of the pastry up over the filling. Press the edges to seal, then crimp with a fork. Repeat with the remaining ingredients until you have four long rolls. Cut each length into four pieces.
- ☐ 7. Place the rolls on the prepared baking tray, brush with "egg." Sprinkle sesame seeds on top. Bake for 25 to 30 minutes, or until golden. Serve warm.

These will make any plant-based eater, or mushroom lover, very happy during the holiday meal. To make it extra special, spoon some warm mushroom gravy over the top.

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