



Honey Mustard Sausage Rolls

EASY • 35 MINS

Crispy pastry, juicy chicken – sweet **Aussie Coastal 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
Easy

PREP TIME
10 mins

COOKING TIME
25 mins

SERVINGS
16

Ingredients

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

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- 500g chicken mince
- 1 granny smith apple, peeled, cored & grated
- 1 tbsp **Capilano Coastal 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 ½ cup dried panko breadcrumbs soaked in 3-4 tablespoons milk
- 2 sheets puff pastry
- 1 egg
- 1 tsp **Capilano Coastal Honey** (+ extra for brushing)
- 1 tsp sesame seeds, for garnish

Method

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



AUSSIE COASTAL HONEY

Travel to Australia's pristine coasts, where salty bushlands and sun-kissed shores grow trees such as Ironbark, Bloodwood, Gum and Coastal Mangroves that our bees forage to create uniquely Australian honey.

Sweet, and a little savoury

The unique salty-savoury notes of our Coastal Honey make it ideal with cheese – from grazing platters to honeyed haloumi or even a wattleseed damper! Keep it on hand to add a gentle caramel and acid note to salad dressings such as honey mustard, green goddess, or raspberry vinaigrette, or bring the lovely buttery and floral honey notes to your morning avocado toast. Add chilli flakes or goat's cheese for an extra twist!

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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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