



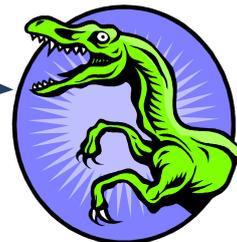
VEGESAURUS ROLLS

Ingredients

Makes two small rolls

1/2 carrot
1/3 zucchini
1 small celery stalk
1 mushroom
1 spring onion

Raaaaa!!!!
Eat these
VEGESAURUS ROLLS
and you will be
STRONG like ME!



1/2 teaspoon mixed seasoning
75gm mince or 3/4 cup potato mash
1 sheet of puff pastry
Milk, for brushing

Equipment

3 small Bowls
(scrap, mixing, milk)
Knife – Kiddies Food Cutter
Spoon
Chopping Boards
Grater
Pastry Brush

Method

1. Wash all vegetables
2. Cut spring onions, mushrooms and celery into small chunks (Adult supervision required)
3. Grate carrot and zucchini (Adult supervision required)
4. Add vegetables to bowl with mince
5. Add seasoning
6. Mix mixture with spoon or hands
7. Place pastry sheet lengthways on a board
8. Spoon mixture close to edge of pastry and shape like a sausage
9. Brush edge of pastry with milk to help with joining.
10. Roll pastry over to cover the mixture
11. Brush roll with a little milk
12. Cut roll into half
13. Place on lined trays and bake in hot oven 200°C for approximately 15 minutes or until golden brown. (Adult JOB).
14. Allow to cool and then Enjoy!