

Roast Pumpkin, Chickpea & Sage Sausage Rolls

Season: Summer/Autumn
Makes: 24 little sausage rolls

Fresh from the garden: garlic, onion, parsley, pumpkin, sage, silverbeet

Young ones will enjoy mashing the soft roasted pumpkin and chickpeas together, and making the sausage rolls.

Note: This recipe includes instructions to make your own olive oil pastry. You could also use bought puff pastry (three sheets needed). If you're soaking and cooking dried chickpeas, make sure they're soft enough to mash.

EQUIPMENT

metric measuring scales, cups and spoons
clean tea towels
chopping board
cook's knife
colander
bowls – 2 large, 1 small, 1 medium
mixing spoon
baking trays – 3
frying pan
wooden spoon
potato masher
baking paper
rolling pin
pastry brush
serrated knife
fork
wire rack
serving plate



INGREDIENTS

For the pastry:

4 tbsp olive oil
1 cup cold water
600 g plain flour, plus extra for dusting
½ tsp salt

For the filling:

2 tsp extra-virgin olive oil
500 g pumpkin, peeled and cut into 2 cm chunks
1 onion, peeled and finely chopped
1 clove garlic, peeled and finely chopped
3 leaves silverbeet, shredded
200 g dried chickpeas, soaked overnight and cooked
or 2 x 400 g tinned (drained and rinsed)
1 large handful parsley, chopped
small handful of sage leaves, finely chopped
salt and pepper, to taste
milk to glaze
black and white sesame seeds, for topping

WHAT TO DO

- Preheat the oven to 200°C.
- Prepare all the ingredients based on the instructions in the ingredients list.

To make the pastry:

- Mix the oil and the water in the small bowl.
- Mix the flour and the salt in the large bowl. Create a well in the centre.
- Add the oil and water mixture to the well.
- Use your hands to incorporate the liquid into the flour until the dough forms a ball.

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- Transfer the dough to a floured workbench and knead for a minute, then place the dough back into the large bowl.
- Cover with a dry tea towel and leave for up to an hour.

To make the filling:

- Place the pumpkin in the medium bowl and toss with 1 teaspoon of olive oil.
- Transfer to a baking tray and roast in the oven for about 30 minutes until golden. Allow to cool.
- Heat the remaining teaspoon of olive oil in the frying pan over medium heat. Sauté the onion and garlic together for 5 minutes until soft and translucent.
- Add the shredded silverbeet and cook for a minute, or until wilted. Set aside and allow to cool.
- Tip the cooked chickpeas into a large bowl. Using a potato masher, roughly mash the chickpeas.
- Add the roasted pumpkin to the chickpeas and mash again.
- Combine the silverbeet mixture, parsley, sage, salt and pepper with the mashed pumpkin and chickpeas and mix well.
- Taste and adjust seasoning.

To assemble and cook the sausage rolls:

- Line the other baking trays with baking paper and set aside.
- Dry and flour the workbench.
- Divide the filling into four even portions.
- Divide the pastry dough into four pieces.
- Roll a piece of pastry into a rectangle, ideally 5 mm thick, 24 cm long and 12 cm wide.
- Place the filling along one long side of the rectangle, leaving about 2 cm of the edge clear.
- Brush the opposite long edge with a little milk and roll up to enclose the filling.
- Repeat with the remaining filling and pastry.
- Cut each long roll of pastry into six with the serrated knife. Place the pastry rolls onto the lined baking trays, with the seam on the bottom.
- Prick the tops of each roll with a fork, brush with a little milk and scatter over the sesame seeds.
- Bake for 30 minutes until golden brown and cool on a wire rack before serving.

