

## Cheesy Veggie Rolls

**Serves:** 20

**Prep time:** 15 minutes

**Cook time:** 20-30 minutes



½ serve per portion

### Ingredients

1 small carrot, grated

⅓ butternut pumpkin, peeled and grated

1 small zucchini, grated

½ small brown onion, diced

3 tablespoons tomato paste

3 eggs

1 ½ cups light cheddar cheese, grated

2 x 400g cans brown lentils, rinsed and drained

Cracked pepper, to taste

2 tablespoons Italian herbs

5 sheets puff pastry, reduced fat

1 tablespoon water

Sesame seeds (optional)

### Method

PREHEAT oven to 180°C.

MASH lentils in a mixing bowl with a fork then add the carrot, zucchini, pumpkin, onion, tomato paste, two eggs, cheese, pepper, and herbs and combine well.

CUT the five sheets of pastry down the centre to make 10 pieces.

MAKE an egg wash by lightly whisking the remaining egg then stirring in a tablespoon of water.

PLACE a lengthwise line of mixture in the centre of each piece of pastry. Roll the pastry over the lentil mix and use the egg wash to stick edges together.

BRUSH the egg wash over the pastry and sprinkle with sesame seeds.

CUT each roll into bite sized portions and place on a baking tray, lined with baking paper.

BAKE for 20-30 minutes, until golden brown.



Discretionary Food

*Recipe courtesy of the Country Kitchens team*