Healthy Sausage Rolls

 £3 for 12

150g good quality sausage meat

150g British pork mince

100g ready-cooked quinoa

1 tbsp English mustard

1 small shallot, finely chopped

Bunch of fresh parsley, chopped

5-6 fresh sage leaves, chopped

1 medium free-range egg, beaten

3 large filo pastry sheets

25g butter, melted

1. Preheat the oven to 200°C/fan180°C/gas 6. Mix all the ingredients, except the filo and butter, in a bowl with some seasoning. Fry a little of the mix to taste, then season again if needed.
2. Lay a sheet of filo pastry on the work surface, brush with a little butter, then place another sheet on top. Brush over a little more butter, then lay the final sheet on top. Cut lengthways to give 2 rectangular strips. Spoon half the sausage mixture along a long edge of one of the pastry strips, moulding the mixture into a sausage shape with your hands as you go. Repeat with the rest of the mixture on the other pastry strip. Brush the exposed pastry with a little of the remaining butter, then roll up, enclosing the sausagemeat. Brush all over with more butter, then slice into 5cm sausage rolls.
3. Put the rolls on a lined baking sheet, keeping the pastry join underneath, then transfer to the oven and cook for 20-25 minutes until the pastry is golden and the sausagemeat is cooked through