



**Healthworks**  
the community health charity

## Let's Cook: Sausage Plait

### What you need:

- 1 x 375g packet or ready roll puff pastry
- 1 onion diced.
- 2 tbsp. sweet pickle
- 1 packet of sausage meat.
- 1 egg beaten
- 1 spray of oil

### How to prepare:

- Pre heat oven to 180 °c.
- Unroll the pastry out onto a baking tray and spoon the pickle down the centre.
- Spray the frying pan with the oil and lightly cook the onions until soft.
- In a mixing bowl combine the onion and sausage meat , mix well together.
- Place the sausage meat mixture on top of the sweet pickle, along the centre of the pastry. Leaving a space at either side.
- Cut the pastry at either side of the sausage meat, into diagonal slants—the same on either side.
- Brush the edges with the egg, then fold the pastry alternately over each other to give a “plait” effect.
- Brush the top with the egg.
- Put the baking tray into the oven for approx. 40 minutes.
- Serve in slices hot or cold.

**Have the best summer ever!**

From the Community Skills Team  
[www.healthworksnewcastle.org.uk](http://www.healthworksnewcastle.org.uk)