



## Savoury filo rolls

**A cheaper and healthier alternative to sausage rolls, these delicious filo rolls make a perfect pre-dinner nibble or snack.**



Time to prepare: 15 minutes



Time to cook: 20 minutes



Serves 8



Suitable for vegetarians

## Ingredients

- 3 eggs
- ½ cup walnuts, chopped finely
- 1 small onion, chopped finely
- 1 tablespoon soy sauce
- 1 cup cottage cheese
- ½ cup breadcrumbs
- 1 cup rolled oats
- ½ teaspoon mixed herbs
- 1 packet filo pastry
- Oil spray
- 3 tablespoons milk
- 2 tablespoons sesame seeds (optional)

## Method

1. Pre-heat the oven to 200 degrees celcius.
2. To make the filling, mix eggs, walnuts, onion, soy sauce, cottage cheese, breadcrumbs, rolled oats and mixed herbs together in a large bowl until well combined.
3. Use four sheets of filo per roll. Spray a little oil between each layer of filo.
4. Spoon ¼ cup of the filling along one long edge of the filo.
5. Roll the filo starting at the end with the filling to form a tube (making sure no filling falls out).
6. Repeat until all of the mixture has been used up. This should make four long rolls.
7. Using a pastry brush, brush the tops of each roll with milk and sprinkle with sesame seeds (optional).
8. Bake for 20 minutes or until pastry is golden brown.
9. Leave the rolls to cool for a few minutes, then cut into smaller bite sized pieces and serve with your choice of dipping sauce.

Notes

You might also like...



## Microwave baked potato

**Baked potatoes make a great snack or addition to any meal. This is a fast, easy way to cook potatoes in the microwave.**

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## Home made snacks

Snacks don't need to come in packets. The best snacks can be the ones you prepare yourself. Snacks made at home can be tasty, low-cost, healthy and easy to prepare.





## Cauliflower fritters with tasty yoghurt sauce

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**These cauliflower fritters will become a family favourite - and a tasty way to get vegetables into kids. Serve warm with our tasty yoghurt sauce. Also good for lunchboxes and snacks.**

[\(/eat/recipes/cauliflower-fritters-tasty-yoghurt-sauce\(https://hpa.org.nz\)](https://hpa.org.nz/eat/recipes/cauliflower-fritters-tasty-yoghurt-sauce)