



Keto sausage rolls

Super easy to make and really delicious, using a version of the Fat Head dough. Makes 12. Per serve:
Cal: 172; Fat: 12.4g; Pro: 13.5g; Carbs: 1.0g

Serves: 12, Prep time: 00:15, Cook time: 00:25

Instructions

Preheat the oven to 220 C. Beat egg in a small bowl and set aside. Grate cheese. To make the dough, place the mozzarella and cream cheese in a bowl. Microwave for 1 minute, stir, then cook for another 30 seconds. Add the almond flour, beaten egg, salt and pepper, and stir well.

When everything is fully combined, leave to cool slightly, then knead it with your hands to form a smooth dough. Roll it out into a rectangle.

Grate carrot and mix the pork mince with carrot and salt generously with salt and pepper, and place the meat in the middle of the dough.

Roll the dough around the meat, pinching the join of the dough together with your fingers. Turn it over and cut into 12 pieces. Use a knife to slash the top of each one twice.

Place the sausage rolls on a baking sheet and roast for around 23 minutes, or until mince has cooked through.

Let cool for 5 minutes, and drain on paper towels if necessary. Serve warm.

Ingredients

- 1 Eggs
- 1.5 cups Mozzarella
- 2 tablespoon Cream cheese
- 0.75 cups Almond meal
- Grinds Salt and pepper
- 1 Carrot, medium
- 500 grams Pork mince, L'authentique