

Bolognaise Strudel

Bolognaise sauce
cooked roasted vegetables
cooked leeks and mushrooms
filo pastry
oil
sunflower seeds

When I make Bolognaise sauce, I make a large batch and freeze in portions. I usually cook far too many vegetables than we need for one meal. It is always useful to have a packet of filo pastry in the freezer. This recipe can be made with puff pastry as well. Vegans and vegetarians can make a vegan bolognaise sauce or just use vegetables.

This recipe is best illustrated with photos which appear on my Facebook feed and below. Mix the bolognaise portion with all left over vegetables. Take a baking tray, brush with oil. Lay in one sheet of filo and brush with oil or melted butter, continue to layer with 4 more layers of oiled pastry. Add the bolognaise and vegetable mix along one edge, gradually roll the pastry over the meat mixture until it looks like a swiss roll. Brush the top with oil, scatter some sunflower seeds on the top. Bake in a hot oven 180°C, Gas 5 for 25 to 30 minutes, serve with a crispy green salad or a home-made coleslaw.



Filo pastry oiled and layered



Add the Bolognaise mixture



Roll the strudel

