

Dear Teachers,  
When cooking Australian recipes with your students, please be sure to tell them that they should always be supervised by a teacher/parent/guardian as using ovens/knives can be dangerous.  
Thank you!

## Australian Recipes

### 6. Sausage Rolls

#### Ingredients (Makes 8)

250g ground beef  
1 tablespoon chopped parsley  
1 tablespoon plain flour  
½ teaspoon salt  
Pepper  
¼ cup water  
2 pieces frozen pie sheet (crust)  
1 egg

Attention!  
This recipe uses Japanese cup sizes.  
1 cup is equal to 200ml in Japan.

1. Put the ground meat, flour, a bit of pepper, and water in a frying pan, fry over medium heat for about 5 minutes.
2. Pour the meat onto a plate and cool.
3. Cut each piece of pie sheet into 4 equal squares.
4. Place 1/8 of the meat on each square, little off the centre, in bar-like shape.
5. Fold one side of the pie sheet over the meat.
6. Fold over the other side of the sheet.
7. Press the edge of the pie sheet with the back of a kitchen knife so that it does not come off.
8. Lightly brush the outside of each roll with beaten egg.
9. Bake in preheated oven at 220 to 260°C for 15 minutes.
10. Sprinkle over chopped parsley.

### 7. Australian Hamburger

