

Vegetable Spring Rolls

Serves 4



Ingredients (allergens in bold>)

- Filo pastry sheets
- 1 carrot grated
- 1 spring onion
- ½ red pepper
- Handful bean sprouts
- Chinese cabbage
- 1 tablespoon water chestnuts
- 2 tablespoons cannellini beans
- 1 tablespoon sweet chilli sauce
- Vegetable oil (for greasing)

Method

1. Grate the carrot and place into the mixing bowl.
2. Finely chop the spring onion, pepper, cabbage & water chestnuts, and place these in the same bowl as the carrot.
3. Mix in the beansprouts & cannellini beans.
4. Bind all the mixture with the sweet chilli sauce. Mix well.
5. Place one sheet of filo pastry on a flat, clean surface.
6. Cut each sheet into two.
7. Lightly brush one sheet with oil.
8. Place the other sheet on top of the oiled filo sheet.
9. Take 1 tablespoon of the mixture and place in the corner of the sheet (turn your filo sheet so the point is facing towards you)
10. Fold the corner over the mixture and wrap the remaining pastry from the sides like a parcel and roll as you go!
11. Once you have a spring roll shape, brush each one with oil.
12. Place on a baking tray. Turn oven on to 200°C, Gas 6.
13. Bake for approx. 15 – 20 mins or until golden brown.
14. Enjoy hot or cold!



Equipment

- Chopping board
- Wok or large frying pan
- Grater
- Vegetable knife
- Set of spoons
- Large spoon

Recipe notes and tips

- You can use this stir fry mixture for the filling of spring rolls!
- Try using prepacked, canned or frozen veg!
- Add in any of your favourite vegetables e.g. broccoli, mushrooms.
- Serve with rice, egg noodles or rice noodles.
- Add in some chilli for a nice kick!