



Vegetable Spring Rolls

Serves 4

Lovely crunchy exterior with a yummy filling of rice noodles and vegetables make this a great Spring dish. Serve it with a sweet chili dipping sauce to bring out the flavours of the vegetables. What a clever way of having your veggies for the day!

| Equipment | Ingredients | Nutrients |
|---|---|---|
| <ul style="list-style-type: none"> • Apron • Non Slip Mat • Chopping Board • Sharp Knife • Garlic Press • Teaspoon • Small Grater • Large Bowl • Colander • Vegetable Peeler • Measuring Spoon • Wok or Electric Skillet • Sieve • Baking Tray • Parchment Paper • Clean damp cloth • Pastry Brush • Oven • Serving Dish | <ul style="list-style-type: none"> • Vegetable Oil x 1 tbsp • Garlic Cloves x 2 • Fresh Ginger x 2cm piece • Spring Onion x 2 • Vermicelli (Rice Noodles) x 100g • Bean Sprouts x 100g • Cabbage x 50g • Carrots x 100g • Red Peppers x 100g • Soy Sauce x 1 tbsp • Oyster Sauce x 1 tbsp • Rice Wine Vinegar x 1 tbsp • Spring Roll Skins or Filo Pastry x 4 sheets • Melted Salted Butter x 50g • Sweet Chili Sauce x 50ml | <p>Even though you can sprout seeds from any type of bean, the two most common types are mung bean and soybean sprouts.</p> <p>Mung bean sprouts are low in calories – 31 calories in 1 cup -, have fiber and B vitamins, and deliver a boost of vitamins C and K.</p> <p>Soybean sprouts can have up to 85 calories in 1 cup and up to 9 grams of protein, which is three times more than you'll get in mung bean sprouts.</p> |

| Carbohydrates - Gives us energy | Protein - makes our bodies grow | Good Fats in small quantities - Keeps our bodies working | Fibre - Sweeps our tummies |
|---------------------------------|---------------------------------|--|----------------------------|
| | | | |

Allergens:

Gluten ; Wheat ; Milk ; Molluscs ; Sesame ; Soybean

Presence of allergens can vary by brand – always check product labels.

Method

- Preheat the oven to 200°C/Fan180°C/gas 6.
- Press the Garlic Cloves out and set aside.
- Using a teaspoon, scrap away the skin of the ginger. Then using a small grater, grate the ginger into the garlic.
- Cut off the roots of the spring onion and remove any old outer leaves of the Spring Onion. Cut the Spring Onions at an angle into 1 cm slices.
- Soak the vermicelli in boiling water for 5 minutes until soft, then drain and dress with some sesame oil.
- Chop the cabbage into thin strips.
- Wash and peel the carrots, then cut into thin match-stick sizes. This is called Julienne cutting.
- Wash the red pepper, then cut down the middle and remove the seeds and white pith and discard. Julienne these as well.
- Heat the wok over a high heat and add the oil, garlic, ginger and spring onion, then stir-fry for 30 seconds.
- Add the cabbage, carrots and peppers and cook for 1 minute. Then add the vermicelli and bean sprouts, soy sauce, oyster sauce and vinegar and cook for another minute. Spoon the stir fried vegetable mixture into a sieve over a bowl and allow to cool slightly.
- Cut the filo pastry into 4 rectangles, or if using Spring Roll skins, then cut into half. Use a damp cloth to cover the filo pastry or Spring Roll Skins to prevent it from drying out.
- Place a spoonful of the vegetable mix at one end of a filo rectangle, in the centre. Roll the filo around the veg until halfway along the filo sheet, then fold each side of unfilled pastry into the centre. Continue rolling into a cylinder and brush with melted butter to seal. Place on a baking tray and brush with butter. Repeat with the remaining pastry sheets.
- Bake for 15-20 minutes until golden and crisp. Serve hot with sweet chilli sauce.

<http://www.deliciousmagazine.co.uk/recipes/quick-spring-rolls/>

You can make this into a main dish by adding 250g of chicken or beef or pork into the filling with the vegetables. Thinly slice the meat into strips, marinate with 1 tbsp soy sauce, a pinch of white pepper and a pinch of salt and sugar, then stir fry the meat with 1 tbsp oil over high heat until cooked. Add the vegetables and vermicelli. Roll into one large spring roll instead of 4 small ones.

Skills learnt today: You have: pressed, peeled, grated, cut, snipped, sliced, measured, weighed, stir fried, rolled, brushed, baked

