

Spring Rolls



Makes 8-10

What you need:

- 🍷 300g pack-cooked rice noodles
- 🍷 400g mixed vegetables (shredded carrot, Chinese leaf cabbage, bean sprouts, red peppers, spring onions)
- 🍷 8-10 sheets of filo pastry
- 🍷 2 garlic cloves
- 🍷 Chinese 5 spice (a sprinkle)
- 🍷 1 egg (beaten)
- 🍷 $\frac{1}{2}$ teaspoon ground ginger
- 🍷 Light soy sauce (reduced salt)

What you do:

1. Mix noodles, vegetables, garlic, ginger, a sprinkle of 5 spices and a dash of soy sauce in a bowl.
2. Roll one piece of pastry flat and spoon vegetable mixture down one side, leaving a gap top and bottom.
3. Using a pastry brush, brush the beaten egg round the edge of the pastry.
4. Fold the gap at top and bottom of the pastry over and then neatly roll the rest up.
5. Lay rolls on a baking tray (seam side down) brush with more egg and sprinkle with sesame seeds if desired.
6. Bake for 20-25 minutes until golden brown 200°C/180°C fan assisted/gas mark 6.

(Recipe adapted from BBC Good Food)



Home-made sweet chilli sauce

4 tablespoons honey

4 tablespoons light/reduced salt soy sauce

4 tablespoons lime juice

1 teaspoon of chopped chilli

1 garlic clove, crushed

Mix together & serve