

Spring rolls

Ingredients

Makes 6-8

1 pack filo pastry
½ sweetheart cabbage
3 carrots
6 mushrooms
3 spring onions
½ pepper
1 nest dried rice noodles
4 tbsp. soy sauce
1 tsp Chinese 5 spice
Frylight

Equipment

Small bowl
Knife
Chopping board
Mixing bowl
Measuring spoons
Baking tray
Baking paper
Oven

Method

1. Soak the rice noodles in boiling water until they have softened.
2. Chop up the vegetables into tiny pieces and make ribbons (using a peeler) with the carrots.
3. Mix together all vegetables, noodles, soy sauce and Chinese 5 spice.
4. Carefully remove the pastry from the packaging and separate the sheets.
5. Put a reasonable handful of the mixture in the bottom middle section of the pastry. Fold each vertical side inwards covering the filling then begin to carefully and tightly roll up the pastry from bottom to top. Don't panic if it rips, just keep rolling!
6. Put the spring rolls onto a baking tray with parchment and spray them with fry light (to get them crispy!)
7. Bake for 15 minutes (until golden brown and crispy), serve with sweet and sour, stir fry or on their own with a dip!