

# VEGETABLE SPRING ROLLS - CHINA



## Ingredients basic

1 pack of filo pastry (defrost if frozen)  
50ml vegetable oil  
1 egg, beaten

## For the filling

1 teaspoon oil  
5 Chinese diced mushrooms  
1 garlic clove  
1-2 cm piece of root ginger (peeled finely and chopped)  
1 medium carrot, peeled and cut into strips  
100g mangetout or French beans  
50g bamboo shoots, drained and cut into thin strips  
2 spring onions, finely chopped  
100g beansprouts  
50g Chinese leaves, washed and finely shredded  
1 teaspoon soy sauce.

## Equipment

Sharp knife, chopping board, wok or saucepan, wooden spoon, tablespoon, pastry brush, oven gloves, baking tray.

Oven - 180°C / 350°F / gas mark 4.

## Method

1. Soak the mushrooms in warm water for 20-25 minutes. Drain and squeeze out the excess water. Remove the tough centres then slice thinly. (Could be prepared the night before and kept in the fridge).
2. To make the fillings, heat the oil in the wok or saucepan. Add the ginger and garlic and fry for 1 minute. Add the mushrooms, carrots, bamboo shoots and mangetout and fry for 2 mins. Finally add the remaining filling ingredients and stir-fry for 2 minutes. Season with salt and paper if necessary. Leave to cool.

## Alternatives / Tips

Spring roll wrappers are available from Chinese food shops. The rolls are traditionally deep fried. This recipe uses filo pastry and the rolls are baked in the oven.

3. To make the spring rolls, carefully unwrap the filo pastry. Take one sheet at a time, taking care to keep the remainder covered to prevent it drying out.
4. Cut each sheet in half to make a rectangle. Brush the rectangle with oil. Place 3 teaspoons of the filling along one short edge of the pastry. Brush the opposite short end with beaten egg to seal in the filling. Fold 2cm over on the two long edges to 'trap' the filling then roll up from the filling end. Place each spring roll on the baking tray and brush with vegetable oil.
5. Bake in the oven for 15-20 minutes until golden brown.

