



## Vegetable Spring Rolls

Spring rolls are simple and fun to make – the perfect oriental finger food! These vegetable ones are especially tasty, but you can experiment with the fillings, even adding meat if you like.

Makes 12 mini spring rolls

### You will need:

2 sheets of noodles – cooked, drained and cooled with cold water

200g of beansprouts

A selection of vegetables thinly sliced or grated, e.g. peppers, carrots, Chinese leaf cabbage, garden peas, sweetcorn or spring onion

60ml teriyaki sauce or Chinese 5 spice mix and soy sauce.

8 sheets of filo pastry

1 egg, beaten

Optional: sesame seeds for sprinkling

### To Make

1. Heat the oven to 180C/350F/gas 6.

2. Prepare the vegetables and put into individual bowls.

3. Place the noodles into a large bowl, followed by the bean sprouts and prepared vegetables. Mix well. If you are using teriyaki sauce you can now pop the vegetables to one side. If you are using the Chinese 5 spice seasoning & soya sauce add ½ teaspoon of the seasoning and 2 teaspoons of soya sauce to the bowl and mix well. Children will probably enjoy using their hands to mix.

4. Divide a sheet of the filo pastry into 4 equal squares; you may need to trim the edges slightly. Lay two squares of pastry on top of one another on a clean surface. If using teriyaki sauce pour small amount into a bowl and using a pastry brush spread a thin layer on the top pastry square.

5. Place a tablespoon of the vegetable mixture onto one corner of the pastry square. Begin to roll carefully towards the opposite diagonal corner. When you reach half way you will see that there is an overhang of pastry on each side. Fold

these sides inwards over the roll before continuing to roll to the opposite corner. Place a dab of beaten egg or oil onto the corner before sealing.

6. Repeat with the remaining sheets of filo and mixture.

7. Lift the spring rolls onto a baking tray seam side down. Brush lightly with beaten egg and sprinkle with sesame seeds if using

8. Bake for 15 – 20 minutes or until golden

10. Remember, the contents of the roll will be very hot so leave to cool for 10 minutes before eating.