



Quick vegetable spring rolls

Ingredients

1 carrot
¼ cabbage or pak choi
1 pepper
1 garlic clove
1cm piece of fresh ginger
½ red chilli
1 x 15ml spoon groundnut oil
1 x 5ml spoon reduced salt light soy sauce
1 x 5ml spoon rice wine vinegar
2 sheets filo pastry
Oil

Equipment

Chopping board, vegetable peeler, knife, garlic press, wok or saucepan, wooden spoons, sieve, bowl, baking tray, oven gloves.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Prepare vegetables for stir-frying:
 - peel and finely chop carrot;
 - finely slice cabbage;
 - deseed and finely slice peppers.
3. Finely chop garlic clove, grate or finely chop fresh ginger and deseed and finely chop the red chilli.
4. Heat the wok over a high heat and add the oil, garlic, ginger and chilli, then stir-fry for 30 seconds. Add the mixed vegetables, light soy sauce and vinegar and cook for 1 minute. Spoon the vegetables into a sieve over a bowl and allow to cool slightly.
5. Cut each sheet of filo pastry into 4 rectangles - approximately 15cm x 12cm.
6. Place a spoonful of the cooked vegetable mixture mix at one end of a filo rectangle, in the centre. Roll the filo around the vegetable mixture until halfway along the filo sheet, then fold each side of unfilled pastry into the centre. Continue rolling into a cylinder and lightly brush with oil to seal.
7. Place the rolls on a baking tray and lightly brush with oil. Repeat with the remaining pastry sheets.
8. Bake for 15-20 minutes until golden and crisp.