

# Spring Rolls



## Ingredients:

250g Finely Chopped or Shredded Vegetables: e.g. Onion, Beansprouts, Carrots, Chinese Cabbage or Mushrooms: **To be prepared at home**  
6 Sheets of Filo Pastry  
2 Teaspoons Soy Sauce  
1 Tablespoon Vegetable Oil for Frying Vegetables: School will Provide  
1 Teaspoon Chinese Five Spice (Optional): School will Provide  
Egg Glaze for Brushing Filo Pastry: School will Provide

**You will need a container to take your spring rolls home in.**

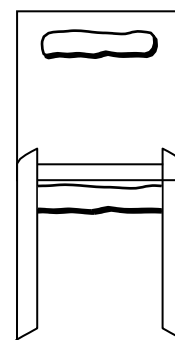
## Method: To be completed at home

1. Weigh and measure out all the ingredients accurately.
2. Prepare spring roll filling ingredients by finely chopping or shredding vegetables into even size pieces.



## Method: To be completed in school

1. Pre-heat the oven to 200°C or Gas Mark 6.
2. Weigh and measure out all ingredients accurately.
3. Line a baking tray with a piece of greaseproof paper.
4. Place 2 or 3 sheets of blue paper towel onto a white plastic tray.
5. Place a large saucepan at the front of the hob, DO NOT turn it on.
6. Place 1 tablespoon of vegetable oil and the soy sauce into the large saucepan.
7. Add vegetables and fry on a medium heat, stirring continually for approximately 8 – 10 minutes.
8. Take mixture off the heat, transfer to the white plastic tray lined with blue paper towel. Allow to cool.
9. Carefully unfold and separate out the sheets of filo pastry and cut the sheets in half.
10. When the vegetables have cooled, spoon 2 tablespoons of filling onto the filo pastry in a rectangular shape.
11. Fold pastry over at each end.
12. Roll pastry over to form a sausage shape, making sure edges are neatly tucked in.
13. Place the spring rolls on a baking tray making sure the seal is at the bottom.
14. Brush with egg glaze.
15. Bake in the oven for 15 to 20 minutes until the filo pastry is golden and crispy.
16. Once cooked transfer the spring rolls onto a cooling rack using a fish slice.
17. Allow to cool.



## Special Points:

- Filo pastry is very delicate and will tear easily: Handle with care!
- Do not overfill the spring rolls with too much filling.
- Allow filling to cool before putting it into the filo pastry.