

Vegetable Spring Rolls

INGREDIENTS:

30g Bean Sprouts

1 carrot grated

¼ courgette

1 spring onion

1 tb spoon of Soy Sauce

¼ Chinese cabbage

3 filo pastry sheets

1 tablespoon sunflower oil

Makes 3 rolls

DIRECTIONS:

1. Preheat the oven to 375° F, Gas mark 5, 190°C
2. Grate carrot and courgette into a bowl.
3. Thinly slice the cabbage and onion, add to the bowl.
4. Add the Soy Sauce and mix well.
5. Put a 1/3 of the mixture onto the filo pastry and roll-refer the rolling instructions. Repeat 3 times.
6. Place the rolls on a greased baking tray and brush with oil. Bake for 10 minutes. Remove from oven and cool on a wire rack.



Always remember to supervise children during cooking activities

