


RECIPE: SPRING ROLLS		Serves: 4 - 6	
INGREDIENTS		METHOD	
<p>FILLING</p> <p>25 g vermicelli noodles 15 ml groundnut oil for frying 1 tsp grated fresh root ginger 2 shredded spring onions 50 g finely shredded carrot 50 g finely shredded mangetout 25 g young spinach leaves 50 g fresh beansprouts 1 tbsp chopped fresh mint 1 tbsp chopped coriander 2 tbsp fish sauce (or 1 tbsp soy sauce) 20-25 spring roll wrappers 1 beaten egg white</p> <p>DIPPING SAUCE</p> <p>50 g caster sugar 50 ml rice vinegar 30 ml water 2 fresh red seeded and finely chopped chillies</p>			<p>FILLING</p> <p>Soak the noodles according to packet instructions. Rinse and drain well. Using scissors, cut into 3-4cm lengths. Preheat pan/wok and swirl 15ml oil around. Stir fry ginger and spring onions for 15 seconds. Add the carrot and mangetout and stir-fry for 2-3 minutes. Add the spinach, beansprouts, mint, coriander, fish sauce and noodles and stir fry for 1 minute. Set aside and cool.</p> <p>Soften the spring roll wrappers as per instructions. Place one wrapper facing you in a diamond. Place a spoonful of filling just below the centre, then fold up from the bottom point over the filling. Fold in each side then roll up tightly. Brush the end with beaten egg white to seal. Repeat until filling mix is used up.</p> <p>Deep fry the spring rolls in batches for 3-4 minutes until golden and crisp. Drain on kitchen paper. OR alternatively brush with oil or with beaten egg and bake in the oven for 15 minutes at 180°C .</p>
EQUIPMENT REQUIRED			
wok scissors knife	pan wooden spoons sharp cooks knife	<p>DIPPING SAUCE</p> <p>Heat gently the sugar, vinegar and water in a small pan. Stir until the sugar has dissolved then boil rapidly until it forms into a light syrup. (5-7 mins). Stir in the chillies and leave to cool.</p>	
HINTS AND TIPS			
<p>Cook in advance, then reheat on a baking sheet at 200°C for 10 minutes. Freeze any rolls left over.</p>			