



Baked Spring Rolls

MAKES: 20

INGREDIENTS:

- 300g cabbage
- 2-3 spring onions
- 2 carrots
- 2 large cloves garlic
- Thumb of fresh ginger
- 100g bean sprouts
- 70g dried rice vermicelli noodles
- 2 tsp soy sauce
- 1 packet spring roll wrappers (20 sheets)
- Canola oil

METHOD:

1. Boil kettle. Break up noodles with hands and place in bowl. Cover with boiling water. Set aside for 5 minutes
2. Place noodles in a sieve and squeeze out excess water with back of large spoon
3. Preheat oven to 200°. Line baking tray with baking paper
4. Wash and finely chop spring onions
5. Wash and finely shred cabbage using food processor
6. Coarsely grate carrot. Peel and finely grate ginger
7. Crush garlic with garlic crusher
8. Heat a little oil in a large pot. Add cabbage, spring onions, bean sprouts and carrot. Cook for 3 minutes till wilted.
9. Add garlic and ginger and cook stirring for 30 seconds. Remove from heat, stir in noodles, soy sauce and salt to taste.
Allow to cool. If mixture is too wet tip into sieve over a bowl to drain
10. Clean kitchen and wash up whilst mixture is cooling



11. Always keep spring roll pastry covered with a damp tea towel
12. Lay spring roll pastry on bench like a diamond one corner in front of you. Place 1 large tbsp. of filling along bottom of wrapper in a thin log shape not touching edges
13. Fold up the point to cover, then left and right sides. Brush top half of diamond with water to stick edge and roll up tightly to the top
14. Place on baking trays in rows seam side down. Brush with oil
15. Bake 20-25 minutes or until golden
16. Serve with soy sauce dipping bowls

