

Spring Rolls



Serves: 10

Profitability:

Steps:

Heat oven to 200°C/180°C fan/gas 6

Mix together garlic, ginger, soy and five-spice to a bowl. Add the noodles, vegetables, prawns and chicken, and mix well

Lay out sheets of pastry and spoon a sausage sized filling down one side of each sheet. Brush round the edge with the beaten egg then roll them up neatly by folding both sides over the filling

Lift the spring rolls onto a wire rack over a baking tray, seam side down and brush with a little water. Bake the rolls for 20-25 minutes or until golden and crisp

For dipping sauce mix together ketchup, rice vinegar, lime juice and caster sugar until sugar has dissolved. Sprinkle the chilli flakes on top to taste

Ingredients:

Rice noodles 300g cooked and chilled

Mixed vegetables 400g thinly sliced e.g. red peppers, bean sprouts, carrots, Chinese leaf cabbage, spring onions

Prawns 140g cooked

Chicken 100g cooked and shredded

Garlic cloves 2 finely chopped

Ginger small piece, finely chopped

Light soy sauce 1 tsp

Chinese five-spice powder enough for sprinkling

Spring roll pastry 10 sheets

Egg 1 beaten

Ketchup 100g

Rice vinegar 1 tbsp

Fresh lime juice 1 tsp

Caster sugar pinch

Chilli flakes to taste

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