



STAR RECIPE: VEGETABLE SPRING ROLLS (makes 12 approx)

This recipe is from the Week 1 Menu and the allergen groups are noted in red: **Soya, Gluten**

Ingredients

1 carrot - grated	1 courgette - grated
1 onion – grated	100g garden peas - defrosted
1 thumb sized piece of ginger - grated	2 cloves of garlic - grated
1 bunch of Chinese leaves - shredded	1 tbsp soy sauce
1 handful of fresh coriander	1 tbsp Chinese 5 Spice
2 sheets of filo pastry	2 tbsp of vegetable oil
Flour to dust surface	

Method

1. Preheat oven to 180c.
2. Sautee the onions, courgette and carrots for 5 minutes.
3. Add the garlic, ginger and Chinese 5 spice and cook for a further 3 minutes.
4. Turn off the heat and add the peas, soy sauce, coriander and Chinese leaf.
5. Mix and drain off the excess liquid and leave the filling mixture to cool.
6. Lay the filo pastry onto a floured surface and cut the pastry into squares.
7. Put one tbsp of the filling mixture onto the bottom half of the pastry square and roll upwards until sealed.
8. Place onto a lined baking tray and brush the top of the spring rolls with vegetable oil
9. Bake for 20 minutes.
10. Remove from oven and eat warm or allow to cool.

Serve with noodles or salad and enjoy 😊

