



## Vegetable spring rolls recipe

(adapted from Kidspot recipe by Kristine Duran-Thiessen -

<http://www.kidspot.com.au/best-recipes/Party-food+11/Vegetable-spring-rolls-recipe+468.htm>)

### Ingredients

100g Asian vermicelli noodles  
1 tablespoon sesame oil  
2 cloves garlic, minced  
1½ cup Chinese cabbage, sliced finely  
1 cup bamboo shoots, chopped roughly  
1 carrot, peeled and grated  
1 tin water chestnuts, drained and chopped  
Salt-reduced soy sauce, to taste  
Pepper, to taste  
1 egg, lightly beaten  
1 packet frozen spring roll wrappers,  
thawed (about 30 minutes)  
½ cup vegetable oil for frying  
Sweet chilli sauce or Hoisin sauce to serve

### Equipment

Chopping board  
Knife  
Large mixing bowl  
Large wok  
Small bowl & fork  
Pastry brush  
Damp tea towel  
Tongs  
Paper towel  
Plate  
Serving plates and bowls for sauce

### Method

In a mixing bowl, cover the noodles in boiling water and stand for 5 minutes. Drain and chop into small pieces.

Bring a wok or non-stick frying pan to a high heat, and add oil. Add garlic, cabbage, bamboo shoots, carrot and cook until soft, about 4 minutes.

Stir through noodles and water chestnuts. Add soy sauce to taste and a few good grinds of pepper. Set aside to cool completely.

On a clean work bench, place a small bowl with the beaten egg close to your work space.

Lay a spring roll wrapper on the bench and turn it diagonally to make a diamond shape. Fill with 1½ tablespoons filling in the centre of the wrapper and wrap the bottom half of the wrapper over the top of the filling. Tuck each side inward then using your fingertips wipe the edges of the top part of the diamond with a little egg, and then roll the wrapper to close it.

Continue until you have used all the mixture and then cover with a damp tea towel.

Clean your wok or frying pan, and bring to a medium heat, add vegetable oil. Wait a few minutes for the oil to heat up. Dip one end of a spring roll into the oil - if it doesn't sizzle, the oil is not ready.

When the oil is ready, fry the spring rolls in batches until lightly golden on all sides.

Place on a plate lined with paper towels, and serve immediately with sweet chilli or Hoisin sauce for dipping.