



The Kid's Cookery School Spring Rolls Recipe

Preparation time: 20-25 minutes

Cooking time: 10-15 minutes

Serves 4

Equipment

Chopping board

Vegetable peeler

Sharp knife

Mixing bowl

Tablespoon

Pastry brush

Baking tray

Greaseproof paper

Oven gloves

Timer

Ingredients

Stick celery

Large carrot

Medium onion

Small clove garlic

½ red pepper, deseeded

½ green pepper, deseeded

1 tsp root ginger

100g beansprouts

1 tbsp soy sauce

8 sheets filo pastry

3 tbsps vegetable oil

1. Wash your hands and put on a clean apron.
2. Assemble all the ingredients and equipment and preheat the oven to 200°C/Gas Mark 6.
3. Peel the carrot, celery, onion, garlic and ginger.
4. Finely chop the garlic and ginger and place in the mixing bowl.
5. Cut the onion, carrot, celery and peppers into 3cm thin strips and add to the bowl.
6. Add the beansprouts and soy sauce and mix together well.
7. Lay the filo pastry sheets out onto a clean work surface and divide the filling equally between them.

8. Arrange the vegetables at one end of each sheet and brush the edges with water.
9. Roll the pastry once so it covers the vegetables then fold in the edges to stop the vegetables falling out. Continue rolling to the end of the sheet.
10. Place a sheet of greaseproof paper onto a baking tray. Put the spring rolls onto this and brush the tops with a little oil.
11. Bake on the top shelf of the preheated oven for 10-15 minutes or until golden brown.
12. Remove from the oven and make sure you use oven gloves!