



Crispy Vegetable Spring Rolls



Ingredients

- 4 spring onions
- 1 red pepper
- 1 courgette
- 1 glove of crushed garlic
- 2cm length of fresh ginger
- 50g bean sprouts
- 1 tsp soy sauce
- $\frac{1}{2}$ tsp five-spice powder
- 1 tbsp olive oil
- Ready-made filo pastry sheet (cut into 8 rectangles)

Equipment

- Cutting knife
- Frying pan
- Spatula for turning
- Baking tray

Method

1. Preheat your oven to 190 C/375 F/Gas Mark 5.
2. Thinly slice the pepper, spring onions and courgette.
3. Finely chop the garlic and ginger.
4. Heat the oil in a frying pan and sauté the garlic, ginger and spring onions.
5. Add the vegetables and bean sprouts to the frying pan.
6. Stir-fry for a few minutes until the vegetables become softer.
7. Add the soy sauce and five-spice and continue to stir-fry for a few minutes.
8. Lay out the filo sheets and place some of the stir-fry mixture across the shorter length of the sheet, leaving a gap at the top of the pastry and either side.
9. Fold in the sides of the filo sheet and then fold down the top.

10. Gently roll the filling in the pastry to form a sausage shape.
11. Moisten the end of the filo sheet with water and then tuck it underneath the roll.
12. Grease your baking tray.
13. Lay the spring rolls on your baking tray with the seam side down.
14. Continue to make the rest of the spring rolls.
15. Brush the rolls with a little olive oil.
16. Place them in the centre of the oven for 15 minutes or until they are lightly golden and the pastry is crisp.

