

## Vegetable Spring Rolls

### Ingredients:

- 1 carrot, grated
- 50g beansprouts
- 1 spring onion / scallion
- ¼ red pepper – sliced
- 1 tbsp sweet chilli sauce
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 packet of filo pastry



### Method:

1. **Preheat oven** to 200°C (Gas mark 7)
2. **Prepare the vegetables** – chop small, equal size
  - Peel & grate carrot
  - Wash beansprouts & chop in half
  - Chop pepper into small strips
  - Peel & chop spring onion
3. Add all chopped veg into a bowl + sweet chilli sauce + soy sauce. Mix to combine flavours.
4. Filo pastry – remove from packaging: keep covered when not being used as it dries out very quickly
5. Take out one sheet of filo pastry – brush with oil. Layer the second filo pastry sheet on top → double layer prevents cracking
6. Follow the directions in the image below for filling and rolling the spring roll
7. Place onto a baking tray, brush with a final layer of oil. Cook in the oven for 20 – 25 minutes.

