

## Spring Rolls

### pork and vegetables fried in spring-roll pastry

There are many variations of fillings for these fried finger-snacks; but this one works well and is tasty without being too rich. The rolls can be deep fried, but we prefer to shallow fry them which uses less oil; they do, however, end up slightly flattened.

#### Filling:

- 65g minced pork
- 1 cup shredded cabbage
- 1 cup grated carrot
- 2 Tbsps bean sprouts
- 1 tsp minced garlic
- |       |   |                                    |
|-------|---|------------------------------------|
| sauce | } | 1 Tbsp oyster sauce                |
|       |   | 1 tsp sesame oil                   |
|       |   | 1 tsp cornstarch (cornflour)       |
|       |   | shake of salt and a pinch of sugar |
- 1 Tbsp olive oil
- 10 frozen spring roll pastry sheets



Olive oil for frying

Blend the cornstarch with the oyster sauce and sesame oil and set aside. Warm the garlic with a tablespoon of oil in a wok, add all of the other filling ingredients and stir-fry for 1-2 minutes to soften the vegies, breaking up the mince so there are no lumps. Next add the sauce mixture and stir through quickly for about a minute until thickened. Allow to cool. In the meantime, defrost 10 spring roll pastry sheets.

With the corner of one sheet of pastry facing you, place a heaped desert spoon of the mixture 4 cm (1 ½ inches) in from the corner. Roll the corner over and compress the mixture; fold in one side, roll over, fold in the other side; then roll the spring roll tightly. Moisten the final edges with water to help seal the roll.

These can be shallow or deep fried until crispy and golden brown. If shallow frying put about 1.5cm (½ inch) of oil in a wok or a deep fry-pan and fry in batches to avoid steaming, turning occasionally. Once cooked they can be kept warm in the oven.

Serve with a dipping sauce of your choice. Can be frozen to be re-heated in the oven once defrosted.

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