



vEgO SPRiNG ROLLs

Makes 14 small

Simon Bryant
Kids' Club Patron

INGREDIENTS

3 cloves garlic, minced
1 cm fresh ginger, chopped
2 spring onions sliced, whites and green separated
1 stick celery, julienned
1 carrot, julienned
½ cup cabbage, finely chopped
4-6 shiitake or 150g button mushrooms, finely sliced
2 cups bean sprouts
¼ small tin water chestnuts, chopped
2 tablespoons oyster sauce
1 tablespoon soy sauce
pinch sugar
10-20ml Chinese cooking wine
50g vermicelli noodles, soaked and drained
½ cup fresh coriander, roughly chopped
1 teaspoon cornflour, plus a little more for sealing
1 packet small spring roll wrappers
sweet chilli sauce or soy sauce with lime zest to serve
vegetable oil for frying
pepper and salt

EQUIPMENT

measuring spoons
scissors
knife
chopping board
vegetable peeler
deep fryer or wok
frying pan
wooden spoon
paper towel
tray

METHOD - THIS RECIPE REQUIRES ADULT SUPERVISION

1. Heat a little oil in a pan. Lightly fry garlic, ginger and spring onion whites. Add carrot, celery and stir then add mushrooms, cabbage and water chestnuts.
2. Season with oyster sauce, soy sauce, sugar and cooking wine. Check seasoning and add pepper and salt. Add the bean sprouts and vermicelli noodles. If the mix is a little wet add cornflour mixed to a paste with water and stir in.
3. Add coriander and spring onion greens, stir in and take off the heat.
4. Place a heaped spoon in the centre of a spring roll wrapper. Roll up like a cigar and seal with a little cornflour mixed with water to a paste. If you have time to chill these in the fridge they fry better.
5. Fry in hot oil till golden brown. Remove from the oil to a tray lined with paper towel and sprinkle with a little salt.
6. Serve with soy sauce sprinkled with lime zest or sweet chilli sauce.

TIP: THESE FREEZE REALLY WELL

FROM THE MARKET

Carrots, Cabbage, Celery, Garlic & Spring Onions – Virgara's Garden, Patlin Gardens, N & M Tsimiklis, The Food Forest, Jim Cosmidis
Coriander – Salad Greens & Kitchen Herbs
Mushrooms – P & L Rogers