

Swiss roll

- **Nut-free**
- **Peanut-free**
- **Sesame-free**
- **Soy-free**
- **Shellfish-free**
- **Seafood-free**
- **Vegetarian**

A light and spongy Swiss roll filled with whipped cream, jam and fresh strawberries makes the perfect afternoon treat. Enjoy your slice with a cup of tea.

- Serves 8
- Cooktime 15 mins 15 minutes
- Preptime 15 mins

Ingredients

- 4 Coles Australian Free Range Eggs
- 2/3 cup (150g) caster sugar
- 1 cup (150g) self-raising flour
- 1 tbs cornflour
- 2 tbs caster sugar, extra
- 250g strawberries, halved, thinly sliced
- 2 tbs icing sugar mixture
- 300ml thickened cream
- 1/3 cup (110g) strawberry jam
- Caster sugar, to serve

Nutritional information

Per serve: Energy: 1569kJ/375 Cals (18%), Protein: 6g (12%), Fat: 16g (23%), Sat Fat: 10g (42%), Sodium: 189mg (9%), Carb: 52g (17%), Sugar: 37g (41%), Dietary Fibre: 1g (3%). Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 200°C. Line a 25cm x 37cm baking tray with a rim or Swiss roll pan with baking paper, allowing paper to overhang the sides.

2. Step 2

Use an electric mixer to whisk the eggs until thick and pale. Add sugar, 1 tbs at a time, and continue whisking until sugar dissolves. Sift flour and cornflour over egg mixture and gently fold until just combined. Pour into prepared pan and smooth surface. Bake for 12-15 mins or until sponge is dry to the touch.

3. Step 3

Place a sheet of baking paper on a clean work surface and sprinkle evenly with extra sugar. Turn out the hot sponge onto the sugared paper, removing the cake lining. Carefully roll up the sponge in the paper, starting at one short end. Cover the rolled sponge with a clean tea towel and set aside to cool.

4. Step 4

Meanwhile, combine the strawberries and half the icing sugar in a small bowl and set aside until needed. Use an electric mixer to whisk the cream and remaining icing sugar mixture together until firm peaks form.

5. Step 5

Unwrap the sponge and spread evenly with jam. Top with the cream, leaving a 3cm border, and top with the strawberry slices. Re-roll sponge, using the paper as a guide, to enclose the filling.

6. Step 6

Place on serving platter. Sprinkle with caster sugar and top with strawberry halves to serve