

Vegetable Spring Rolls

Ingredients

Ingredients for filling

3 cups cabbage shredded

1 medium carrot about ½ cup shredded

¼ cup bell pepper or capsicum julienned

2 sprigs spring onions (white & green separated)

1 to 2 tps olive oil

1 to 2 tsp soya sauce or soy sauce

1 tsp vinegar

¼ to ½ tsp pepper powder or crushed

salt very little

1 cup cooked noodles or half noodle cake (optional)

6 spring roll wrappers

1 cup oil for deep frying or 1 tbsp oil for baking

Method

Step 1

Add oil to a hot pan and saute spring onion whites, now add all the veggies except the onion greens.

Step 2

Fry on a high flame until half done yet crunchy. Add soya sauce and vinegar. Mix well.

Step 3

Add onion greens, pepper and very little salt. Mix and off the stove.

Step 4

If you wish to use noodles, boil them al dente. Rinse well and drain completely. Add them to the stir fried veggies and fry for a min. Pour 1 tsp more soya sauce. Sprinkle some salt and pepper.

Step 5

Cool this completely.

1. Place a damp cloth over the frozen sheets for 5 to 7 mins or follow the instructions mentioned on the pack.

2. Spread one wrapper, place a spoonful of stuffing.

3. Roll one edge towards the inner side covering the stuffing. Bring the sides to the center. Dampen the left over edge and roll the wrapper to seal.

4. Keep them covered otherwise they will dry up..

5. Heat oil until hot enough. To check drop a small piece of wrapper in the oil. If the oil is hot enough It rises in the oil without browning.

6. Add the rolls in hot oil and fry evenly by stirring until golden. Drain them on kitchen tissue.

THE COOKERY

by The Secret Jozi Chef