**Vegetable spring rolls**

**Ingredients**

1 carrot

¼ cabbage or pak choi

1 pepper

1 garlic clove

1cm piece of fresh ginger

½ red chilli

1 x 15ml spoon vegetable oil

1 x 5ml spoon light soy sauce

1 x 5ml spoon rice wine vinegar (optional)

1 x small packet filo pastry

Oil for brushing

**cm**

**Equipment**

Chopping board

Vegetable knife

Mixing bowl

Vegetable peeler

Baking tray

Grease-proof paper

**Method**

1. Preheat the oven to 180ºC

2. Prepare vegetables for stir-frying:

• peel and finely chop carrot;

• finely slice cabbage;

• deseed and finely slice peppers.

3. Finely chop garlic clove, grate or finely chop fresh ginger and deseed and finely chop the red chilli.

4. Heat the frying pan/saucepan on No 4/5 setting on the hob and add the oil, garlic, ginger and chilli, then stir-fry for 30 seconds.

5. Add the mixed vegetables, light soy sauce and vinegar and cook for 1 minute. Spoon the vegetables into a sieve over a bowl and allow to cool slightly.

6. Cut each sheet of filo pastry into 4 rectangles - approximately 15cm x 12cm.

7. Place a spoonful of the cooked vegetable mixture mix at one end of a filo rectangle, in the centre. Roll the filo around the vegetable mixture until halfway along the filo sheet, then fold each side of unfilled pastry into the centre. Continue rolling into a cylinder and lightly brush with oil to seal.

8. Place the rolls on a baking tray and lightly brush with oil. Repeat with the remaining pastry sheets.

9. Bake for 15-20 minutes until golden and crisp.