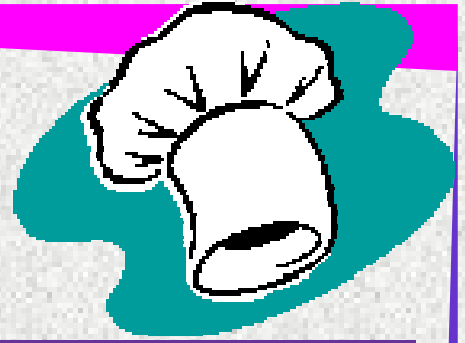


# Vegetable Spring Rolls



## Ingredients

2tbsp oil	1 carrot peeled and cut into strips
100gms sliced mushrooms	2-3 spring onions sliced
1 clove garlic crushed	100gms bean sprouts
1-2cm root ginger peeled and grated	
100gms mange tout sliced	2tbsp soy sauce
1 pack Filo pastry	

- 1.Heat oven to 200c
- 2.Heat oil in a large pan
- 3.Add all the vegetables except the bean sprouts.
- 4.Stir fry for 8-10 mins, ensuring they do not brown.
- 5.Add the bean sprouts and soy sauce.
- 6.Place a rectangular sheet of pastry on the work surface, brush with oil
- 7.Place a dessertspoon of filling 2cm in from the top edge; fold in the sides to cover the filling. Then roll up the pastry encasing the filling completely.
- 8.Brush each spring roll with oil. Place on a baking tray.
- 9.Bake for 10-15 mins until golden and crisp