

Spring Rolls

Ingredients

1x small carrot	25g frozen peas
2 x spring onions	1 x 15ml spoon oyster sauce
40g beansprouts	4 filo pastry sheets
	Oil



Preparation

1. Preheat the oven to 200°C or gas mark 6.
2. Top, tail, peel and grate the carrot.
3. Snip the spring onions in the mixing bowl.
4. Add the beansprouts, peas and oyster sauce.
5. Mix the ingredients together.
6. Place the filo pastry sheets on the work surface.
7. Halve the pastry sheet and work on one half at a time.
8. Spoon a little vegetable mixture along the top edge.
9. Fold over twice, then fold in the two edges.
10. Continue to roll up the spring roll, then place them on the baking tray.
11. Brush with a little oil.
12. Bake for 15 minutes, until golden

Enjoy!



Equipment

- Chopping board
- Knife
- vegetable peeler
- grater
- mixing bowl
- kitchen scissors
- measuring spoons
- baking tray
- pastry brush
- oven gloves.

Food skills:



WEIGH



MEASURE



CUT,
CHOP,
SLICE,
DICE &
TRIM



GRATE



MIX, STIR
&
COMBINE



PORTION
/ DIVIDE



FOLD



GLAZE &
COAT



BAKE