

Vegetable Spring Rolls

Skills Focus: Filo Pastry

Ingredients (makes approx. 8-10)

1 pack filo pastry

300g bag of mixed stir fry vegetables.

1 red chilli - finely chopped (**optional**)

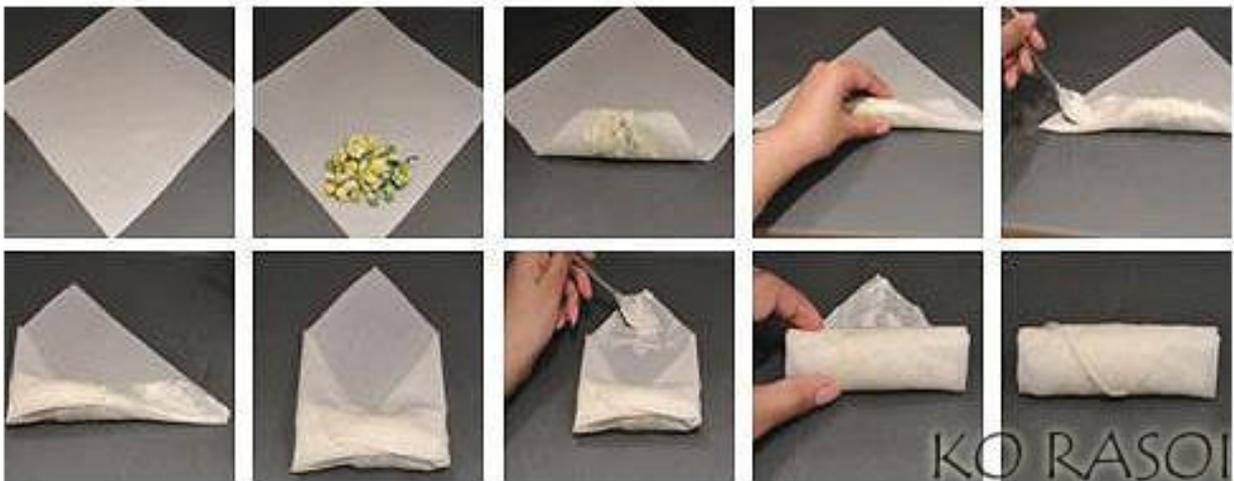
2 tbsp soy sauce

2 tbsp of **either** sweet chilli sauce **OR** oyster sauce, plus extra to serve

100g melted butter

Method

1. Preheat the oven to 220°C/Gas 7.
2. Lightly grease a baking tray.
3. Stir fry the carrot, beansprouts, spring onion and red pepper for 4-5 minutes.
4. Add the soy sauce and sweet chilli **OR** oyster sauce and leave to cool.
5. Unwrap the pastry and extract 1 sheet. Keep remaining pastry covered with a **clean damp tea towel**.
6. Cut the pastry sheet into 2 squares approximately 20cm each. Brush the first piece lightly with oil then cover with the second piece of pastry.
7. Spoon one-quarter of the filling onto the corner nearest you. Fold this corner towards the centre and tuck it under the filling. Fold the two outside corners in towards the middle so it looks like an envelope. Brush with melted butter, then roll up the pastry to look like a sausage. Repeat with the remaining mixture and pastry.



8. Brush with a little more melted butter then bake in the oven for 15-20 minutes, or until crisp and golden-brown.