

Vietnamese Spring Rolls- Filling

Ingredients:

- 100g Rice Noodles
- 2 spring onion (Green part only)
- 2 tablespoons Ginger/Garlic paste
- 2 tablespoons of vegetable oil
- 4 carrots
- 1/4 of a cabbage
- 2 teaspoons of Sesame oil (vegetable oil alternative if needed)
- 1 tablespoon Kecap (ketjap) Mani (GF Soy Sauce and sugar alternative if needed)
- 1/2 a vegetable stock cube- dissolved in 1 TBS of hot water

Equipment:

- Chopping board
- Knife
- Measuring spoons
- 2x Medium bowls
- 2x Small bowls
- Colander
- Grater
- Garlic Press
- Scissors
- Medium Fry pan



Method:

1. Grate the carrot and finely shred the cabbage. Place in a medium bowl and set aside.
2. Place the Rice Noodles in a medium bowl and cover with boiling water. Allow to sit for 2 minutes and then drain into a colander and leave to dry whilst you prepare the filling.
3. Finely slice the green part of the spring onions. Place the spring onions, garlic and ginger paste in a small bowl and set aside.
4. In a small bowl mix together the sesame oil, Kecap mani and vegetable stock mix and set aside.
5. Heat the 2 tablespoons of vegetable oil on medium to high heat in a medium fry pan. When the frypan is hot add the spring onion, garlic and ginger and cook for about 30-60 seconds, stirring constantly.
6. Turn heat to medium and add the carrots and cabbage and continue to fry for 2-3 minutes.
7. Give the noodles a rough chop and then add to the fry pan mixture. Cook stirring constantly for another minute.
8. Add the sesame oil, kecap mani and the dissolved stock cube mix. Stir until the sauce is evenly mixed through and absorbed. If the liquid is not completely absorbed, keep on the heat briefly until there is no liquid left. When done, remove from heat and allow to cool.
9. See other side of recipe card for how to make the spring rolls and cook them.

Vietnamese Spring Rolls

-Make, Bake and Create-

Ingredients:

- Rice Paper sheets- approx. 18-20
- 1/4 cup vegetable oil
- 1/2 a large iceberg lettuce
- 1 small bunch Vietnamese Mint
- 1 small bunch of coriander
- 150 ml store bought sweet chilli dipping sauce

Equipment:

- Large Bowl- half filled with warm water
- Baking tray with baking paper on it
- Pastry brush
- Measuring jug- small
- Serving Plater
- Small serving bowl and spoon- for sauce
- Tongs- for serving

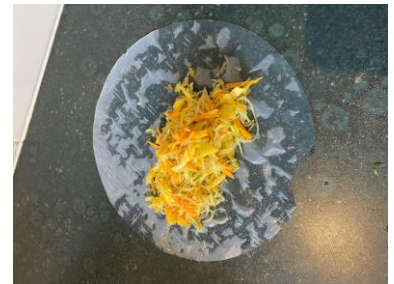
Make:

1. Pre-heat oven to 180 degrees Celsius and clean a benchtop down making sure it is very clean. Place large bowl of water, baking tray with baking paper on it and rice paper sheets to the back of the bench.

2. Start by dipping 3-4 rice paper sheets in the water bowl and placing them on the clean bench.



3. Place a small amount of filling onto each of the rice paper sheets.



4. To roll, start by shaping the filling like a log and then flipping the front of the rice paper over the top and begin rolling, tucking the filling as you do.



5. Now flip the left side in and roll a little more. Then flip the right side in and finish rolling. Ensure it is kept reasonably tight as you roll.



6. Place the finished spring rolls on the prepared baking tray, leaving a little space between each one. Repeat until all mixture has been used.



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Bake:

1. Once all of the rice paper rolls are made and placed on the baking tray, brush with vegetable oil on all sides.
2. Place the spring rolls into an oven on 180 degrees Celsius and cook for 20-25 min or until crispy, turning them half way through to ensure they are crispy on all sides.

Create:

1. While the spring rolls are cooking, prepare the serving platter with the other ingredients.
2. Start by breaking apart the lettuce into individual leaves, trying to keep them in big pieces. Place them on the serving platter.
3. Now place some mint leaves and coriander on the platter.
4. Pour some sweet chilli sauce into the small serving bowl and add to the plate too.
5. To serve, place some mint and coriander onto a lettuce leaf. Place a spring roll into it and then drizzle with the sauce. Wrap it all up in the lettuce and then enjoy! Yummo!

