

# Vegetarian Spring Rolls

## Ingredients (Makes 35)










### Filling

-  100g Noodles Rice Sticks
-  50g Carrots – Julienne
-  50g Bean Shoots
-  100g White Cabbage - Julienne
-  50g Red Capsicum – Julienne
-  10g Snow Peas – Julienne
-  50g Light Soy Sauce
-  10g Sesame Seeds
-  20g Rice Vinegar
-  10g Sesame Oil
-  TBS Garlic Puree
-  TBS Ginger Puree
-  ½ Cup Shredded Mint Leaves

### Additional Ingredients

-  35 Spring Roll Wrappers
-  Sweet Chilli Sauce

### Method:

-  Pour hot water over the Noodles and soak for 10-15 minutes til they are soft. Strain and refresh under cold water. Whilst in strainer cut a few times with scissors.
-  Sauté lightly in vegetable oil the prepared vegetables til wilted and once chilled place in a bowl removing any excess water and juices.
-  Add the dressing ingredients and noodles then fold through so all the vegetables and noodles are evenly coated with the dressing.
-  Refrigerate until required.
-  Take spring roll pastry and brush with egg white.
-  Arrange filling into the middle of the pastry in a cigar shape, fold the pastry over one end and both sides and continue to roll the pastry into a cigar shape.
-  Deep fry in hot oil at 180 degrees for 2-4 minutes. To check that the oil is at the right temperature throw a cube of white bread in the oil and if it turns nicely golden brown the oil is ready for frying.
-  Fry the spring rolls 5-6 at a time for 2-4 minutes til nice and golden brown and spoon out with a ladle with holes onto a tray with kitchen paper.
-  Serve with Sweet chilli sauce.