

Oven-Baked Spring Rolls

Fresh from the garden: carrot, celery, Chinese cabbage, coriander

wash and dry lettuce
leaves then use as
a wrap for your
spring rolls.
Dipping sauce
chilli sauce in
fridge in a passata
bottle, use 150ml
per session. Put

Equipment:

metric measuring spoons
clean tea towel
chopping board
cook's knife
bowls – 1 large, 1 small
wok
wok sang
baking tray
pastry brush
serving platters

Ingredients:

2 tbsp sunflower oil, plus 1 tbsp to brush spring rolls
1 garlic clove, peeled and finely chopped
2 cm knob of ginger, finely chopped
3 spring onions, finely chopped
1/4 Chinese cabbage, finely shredded and chopped
1 carrot, julienned
1 stalk of celery, finely diced
2 tsp light soy sauce
3/4 tsp sugar
1/4 tsp salt
1/2 tsp white pepper
1 1/2 tbsp oyster sauce
1 tbsp cornflour
1 packet of spring roll wrappers
1 large handful of coriander, finely chopped



What to do:

1. Preheat the oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place the wok over high heat.
4. Add oil to the wok with the garlic, ginger and spring onions, and stir for 30 seconds.
5. Add the cabbage, carrot and celery, and continue to cook for a further 3 minutes.
6. Add the soy sauce, sugar, salt, pepper, oyster sauce and cornflour, cook for a further 2 minutes.
7. Transfer the mix to a large bowl and allow to cool for 5 minutes.
8. Place a spring roll wrapper on the bench and add a spoonful of filling diagonally across it.
9. Brush the sides with water to help seal the rolls.
10. Fold the corner closest to you over the filling, then fold in each side. Roll up firmly to enclose the filling.
11. Repeat this process until all the wrappers are used.
12. Place the spring rolls on the baking tray, with gaps in between them so they can brown all over.
13. Brush each roll with a little sunflower oil.
14. Bake for 20 minutes.
15. Sprinkle with coriander and serve with **Dipping Sauce** (page 137).