

VEGETABLE SPRING ROLLS



Ingredients

250gm packet rice noodles
1/4 chinese cabbage
2 small carrots
4 spring onions
8 snowpeas, strings removed
4 mushrooms
1 packet spring roll pastry
1 small piece of ginger
1 tablespoon kechap manis
1 cup light olive oil to fry

TO SERVE

soy sauce

Equipment

Large mixing bowl
Kiddies Food Cutter -
Electric fry pan
Chopping board
Measuring spoons
Wooden Spoon
Zester
Jug
Tongs
Paper towel

Method

1. Adult to pre- soak noodles
2. Shred Cabbage
3. Grate carrot
4. Slice snowpeas and spring onion into thin strips
5. Cut mushrooms into small pieces
6. Grate ginger
7. Place all vegetables, ginger and kechap manis in bowl with noodles and mix well.
8. Place a heaped tablespoonful of mixture onto corner of pastry. Fold corner over filling.
Brush opposite corner with cold water. Roll up. Press to seal. Repeat with remaining filling and past
9. Pour oil into frypan or wok. Heat over medium-high heat until a piece of pastry dropped into oil sizzles
10. Fry spring rolls until golden (Adult job).
11. Drain on paper towel and serve with soy sauce.



百胜 = YUM

For information on kids cooking workshops

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