



Filo Spring Rolls

Season: All Year

From the garden: carrots, spring onion, silver beet, kale, celery, coriander, parsley, dill, chives and rosemary

Type: starter or main Difficulty: Medium Serves: 12 adults as a side dish/
42 mini rolls

Recipe source: <http://www.bbcgoodfood.com/>

Equipment	Ingredients
Measuring Scales	2 celery sticks
Chopping board x 4	3 spring onion, finely chopped
Kitchen knife x 2	2 medium carrot
measuring spoons	20g mung bean sprouts
Wooden spoon	30 g cabbage
tea spoons for tasting	1 tbl sp chopped corriander and chives
Large mixing bowl	1/2 packet rice noodles
baking sheets	10 sheets filo pastry
pastry brush	sesame oil
	2 cm ginger
	1 clove garlic
	1 tsp chia seeds
	soy sauce / tamari for dipping

How to make it:

1. Heat oven to 200C/fan 180C/gas 6.
2. Line two baking sheets with baking parchment unless you have non-stick trays.
3. Put a saucepan of water on to boil for noodles.
4. Prep veggies into match sticks 5 cm long.
5. Grate garlic and ginger finely and toss through veggies.
6. Heat a little oil in a fry pan and cook veggies on high for 2 mins.
7. Remove from heat and add chia seeds and herbs.
8. Cook noodles briefly in boiling water according to instructions on the packet.
9. Rinse to stop cooking and drain well.
10. Unfold the filo and cut into three pieces lengthwise, cutting through all of the sheets at once.
11. Take out 3 sheets and wrap the remainder tightly to prevent them from drying out.
12. Brush the 3 strips lightly with sesame oil. Fold in half lengthwise so they are half the length, then brush again with oil.
13. Place 1 tsp of the mixture on the end of each strip, fold a little pastry over the filling, then fold in the edges. Loosely roll to form a cigar.
14. Place on the baking sheets, a little apart, then finish making the rest.
15. Brush the tops with oil, then bake for 15-18 mins until lightly golden and crisp.
16. Serve with small bowls of soy sauce for dipping

Can be frozen raw (before cooking) in a large plastic container for up to 3 months.