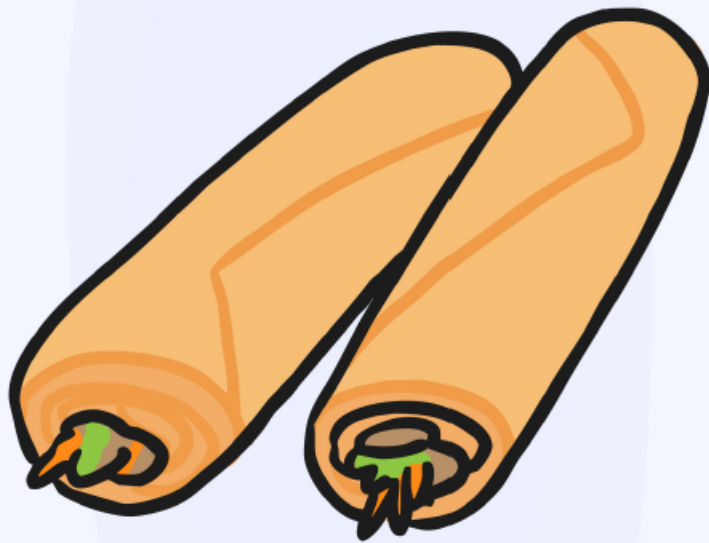


How To Make...

Spring Rolls



These crispy spring rolls are packed full with vegetables and protein!

You will need...

Ingredients



4 spring onions

1 clove of garlic

1 red pepper

1 small courgette

A handful of bean sprouts

1 chicken breast

A splash of soy sauce

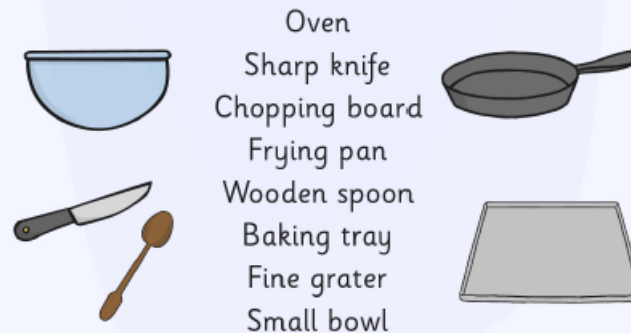
1 inch of fresh ginger

A pinch of 5 spice

Olive oil

8 filo pastry sheets

Equipment



Oven

Sharp knife

Chopping board

Frying pan

Wooden spoon

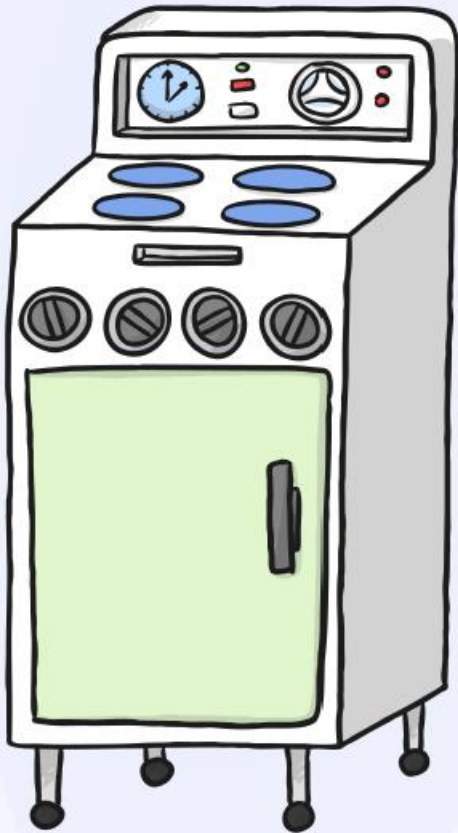
Baking tray

Fine grater

Small bowl

Step 1

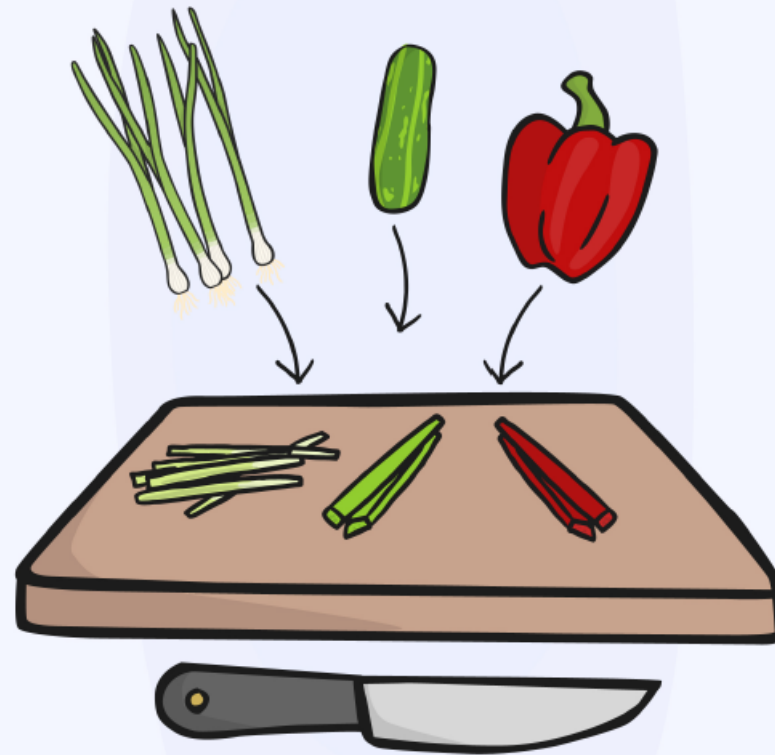
Turn the oven on at 190°C or gas mark 5.



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Step 2

Thinly slice the spring onions, pepper and courgette into match stick sized pieces.



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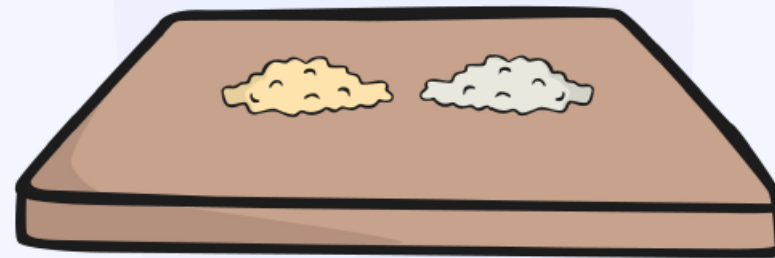
Step 3

Finely dice the chicken breast.



Step 4

Grate the garlic and ginger.



Step 5

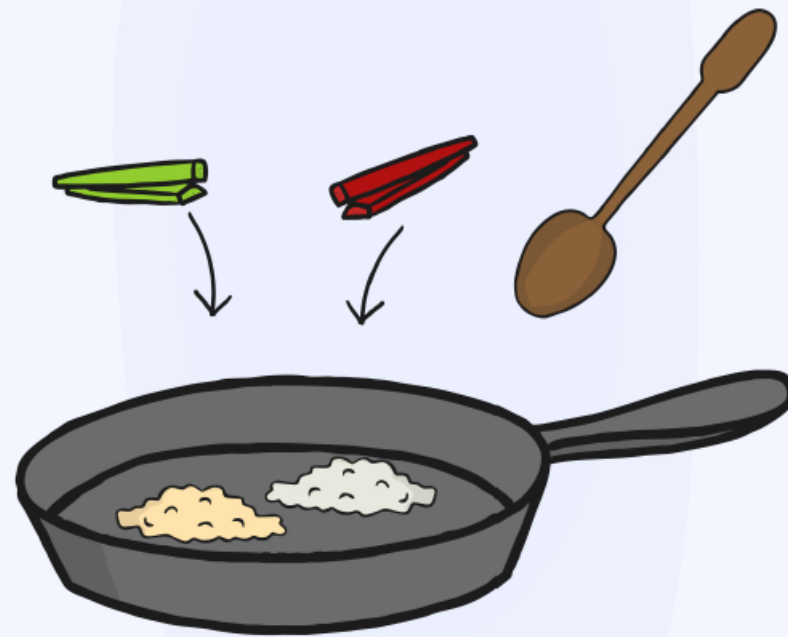
Heat a tablespoon of olive oil in the frying pan and fry off the chicken. It is cooked when it is no longer pink in the middle. Once cooked, set the chicken to one side in the bowl.



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Step 6

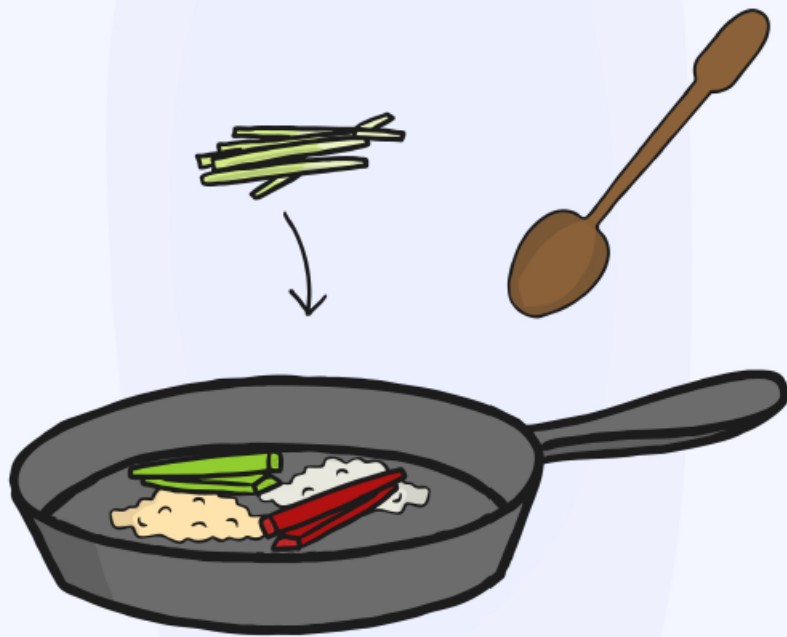
Add a splash more oil to the pan and then add garlic and ginger. Fry off the garlic and ginger for 30 seconds and then add the pepper and courgette.



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Step 7

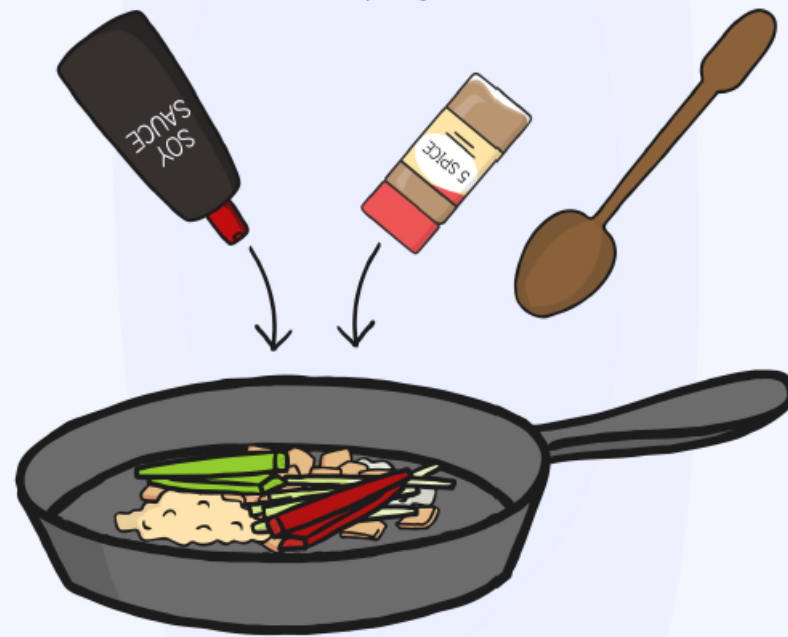
Once the vegetables have begun to soften, add the spring onions and fry for another 30 seconds. You don't want the vegetables to get too soggy!



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Step 8

Add the chicken back into the pan along with the bean sprouts, 5 spice and soy sauce. Stir fry for another minute until the soy sauce has reduced and coated the chicken and vegetables and the bean sprouts have softened. Remove the pan from the heat.



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Step 9

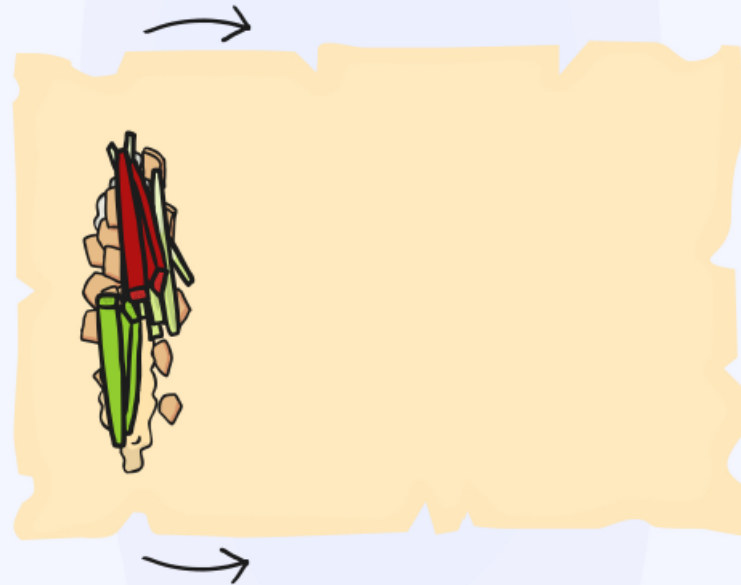
Lay out a sheet of filo pastry and spoon on some of the stir fry mix along the shorter length of the sheet. Leave about two and half centimetres at the top and on each side of the pastry.



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Step 10

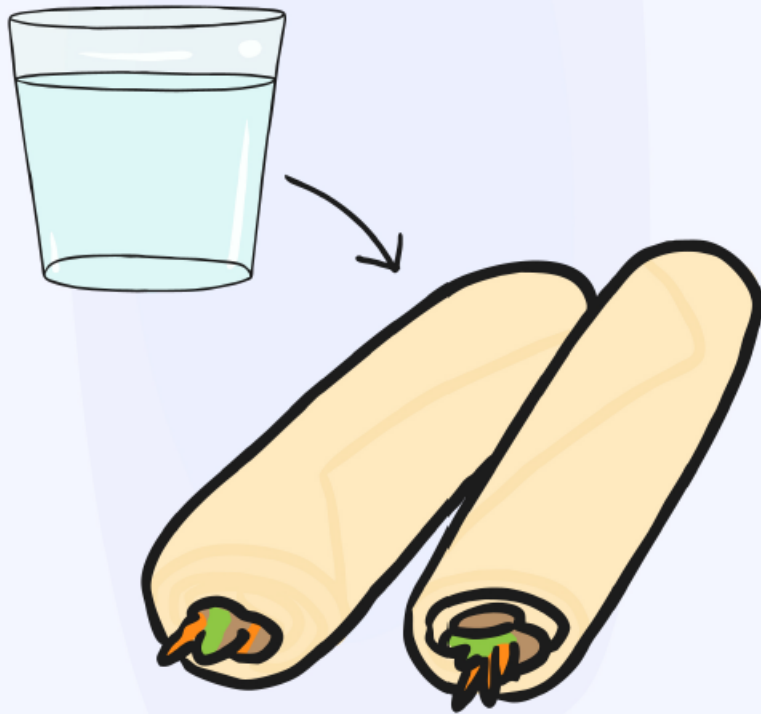
Fold in the top and each edge of the filo sheet. Gently roll the spring roll mixture to form a sausage shape.



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Step 11

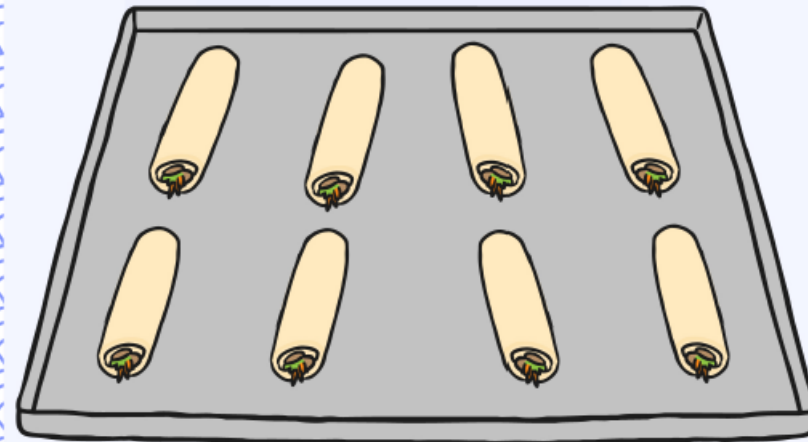
Moisten the end of the filo sheet with a little bit of water to help it stick and tuck it under the roll. Repeat steps 9, 10 and 11 until you have used up all your stir fry mix and filo pastry.



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Step 12

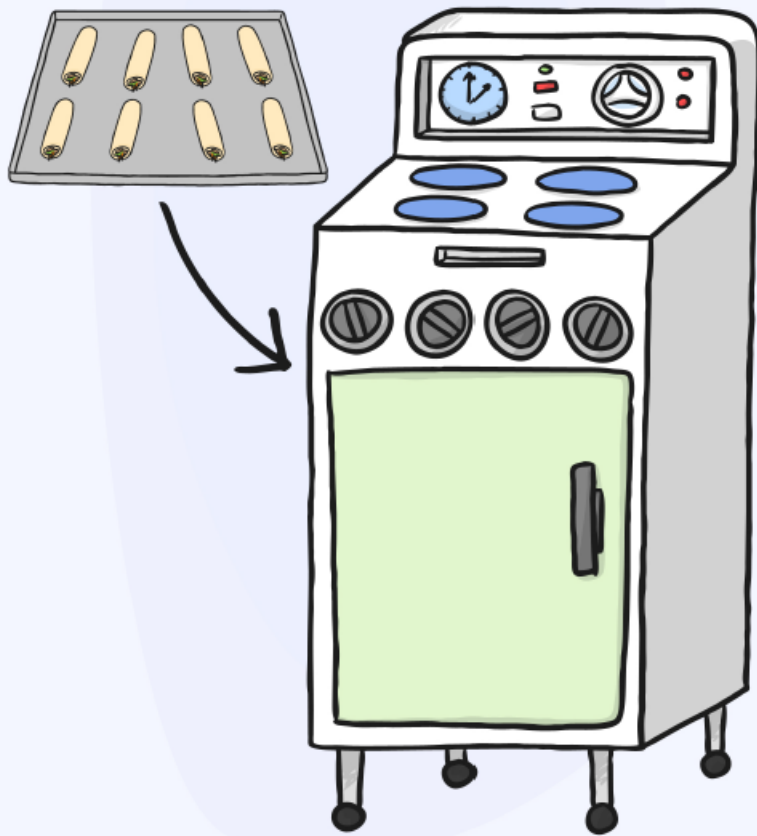
Lightly oil the baking tray and lay the spring rolls on the tray, seam side down.



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Step 13

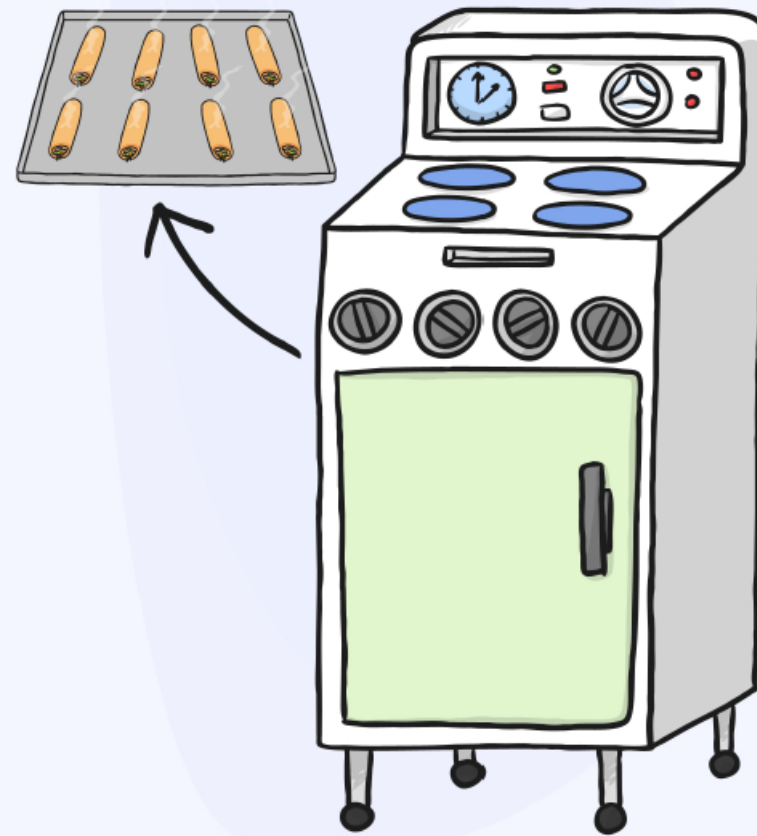
Brush the rolls lightly with oil and place on the middle shelf of the oven for 15 minutes. The spring rolls are cooked when the rolls are lightly golden and crispy!



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Step 14

Take the spring rolls out of the oven and wait for them to cool slightly.



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Step 15

Serve the spring rolls and tuck in! They are delicious eaten with sweet chilli sauce or hoi sin sauce!

