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Scary Spring Rolls

Serves 4 (makes approx. 12 small Spring rolls)

EQUIPMENT

Veggie Peeler
1 Tablespoon
1 Sharp knife
1 Chopping board
1 Frying pan/wok
1 Pastry brush
1 Baking tray

INGREDIENTS

2 carrots
4 spring onions
1-2 Garlic cloves
Cooked turkey/chicken (optional)
2tbsp Chinese stir-fry oil
100g beansprouts
8-10 button mushrooms
1 tbsp dark soy sauce
1/2cm root ginger
Pinch of Five spice
24 sheets Chilled Filo pastry

Preparation time: 30 minutes

Cooking time: 10-15 minutes

Preheat the oven to 200°C/Gas mark 6

Method

1. Peel the carrots and cut into matchsticks. Slice the mushrooms. Trim and slice the spring onions. Peel and finely chop or crush the garlic.
2. Chop the cooked turkey/chicken into small pieces
3. Heat 1tbsp oil in the wok or frying pan until almost smoking. Add the carrots and mushrooms and cook for 2 minutes. Add the onions, garlic, ginger, beansprouts, and soy sauce. Cook for 2 minutes then set aside and allow to cool.
4. Lay 2 sheets of Filo pastry for each roll onto a work surface. Divide the vegetable filling and the chopped turkey equally between each 2 sheets of pastry. Leave space either end of the filling and then roll up carefully to make a long cracker shape twisting the extra pastry on each end to seal the filling.
5. Brush the top of the crackers with a small amount of oil. Place them onto a baking tray. Put into the oven for 10-15 minutes. This will depend on the thickness of the crackers. Remove from the oven when they are golden brown. Watch the spring rolls as they can burn very easily as the pastry is so thin and delicate.

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