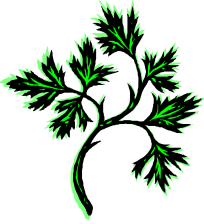


SPECIAL SPRING ROLLS

You'll think spring has sprung when you taste these!



Serves: 3

Cooking time:

Brown rice: 25 minutes

Rolls: 25 minutes

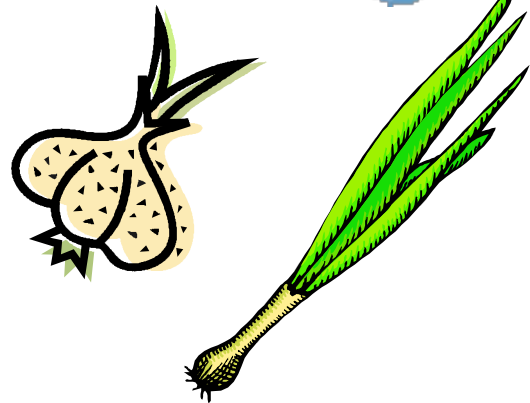
Oven temperature: 210°C (410°F)

Equipment

Large knife, chopping board, pastry brush, grater, wok or frying pan, mixing bowl, baking tray

Ingredients

- 8 sheets of filo pastry
- 2 cups cooked brown rice (or millet or buckwheat)
- About 2 cups finely chopped cabbage
- 4 spring onions
- 2 cloves garlic, crushed
- ½ medium carrot
- A handful of mung bean shoots
- 1 tablespoon soy sauce (or tamari)
- 2 tablespoons freshly chopped parsley
- About ¼ cup oil
- 4 teaspoons sesame seeds or poppy seeds



Method

1. Spray a little oil over the baking tray.
2. Wash and trim carrots and onions.
3. Chop onions, crush garlic, grate carrots and heat a little oil in the wok or frying pan.
4. Cook onions, garlic, cabbage and carrots for 5 minutes, stirring.
5. Mix with the cooked brown rice, bean shoots, soy sauce and parsley.
6. Lay 4 double sheets of filo pastry out on your bench top and brush the upper layer with a little oil.
7. Divide filling into 4 and place each portion on one end of the oiled filo pastry.
8. Fold sides over filling and then roll up in a cylindrical shape.
9. Place on baking tray, brush lightly with a little oil and sprinkle each roll with 1 teaspoon of sesame seeds or poppy seeds.
10. Bake until golden brown.
11. Serve hot.



Uses

- As an entrée with a tasty sauce such as *Quick mushroom sauce*.
- As a light meal served with some baked vegetables and a crisp leafy salad.