

VEGETARIAN SPRING ROLLS

From our garden: spring onions

NOTES TO STUDENTS: Please practice cutting the ingredients very finely.

NOTES TO VOLUNTEER: Please supervise the pouring the hot water onto the noodles and the cooking of the spring rolls. Please ensure the correct use of knives focusing on fine cutting skills

EQUIPMENT

Chopping board
Small knife
Large knife
Large metal bowl
Small mixing bowl
Vegetable peeler
Can Opener
Large Frying Pan
Wooden Spoon
Measuring spoons
Wok
Tongs
Scissors
Colander
Pastry brush
Paper towel
Clean tea towel
Greaseproof paper
Baking tray

INGREDIENTS

100g packet vermicelli noodles
1 tablespoon vegetable oil
3 spring onions, sliced
2 garlic cloves, crushed
1 large carrot, peeled and coarsely grated
1 ½ cups shredded wombok
227g can water chestnuts, drained, roughly chopped
1 tablespoon soy sauce
¼ teaspoon white pepper
2 tablespoons cornflour
20 spring roll wrappers
Vegetable oil, for frying
Sweet chilli sauce to serve

What to do:

- Preheat oven to 150°C.
- Place noodles in a large, heatproof bowl. Ask the volunteer to cover the noodles with boiling water. Stand for 5 minutes or until soft. Drain well and using scissors roughly cut the noodles into 2cm lengths.
- Heat a wok over high heat until hot. Add vegetable oil. Swirl to coat. Add spring onion, garlic, carrot and wombok. Stir fry for 2 – 3 minutes or until soft. Add noodles, water chestnuts, soy sauce and white pepper and cook for 1 minute. Set aside to cool.
- Combine cornflour with 4 tablespoons water in a small bowl. Set aside for later.
- Place 1 wrapper on a board with a corner pointing towards you. Brush edges with cornflour mixture (keep the remaining wrappers covered with a damp tea towel).
- Spoon 1 tablespoon of the vegetable mixture into the corner of the wrapper. Fold corner over filling then roll up from corner to corner, folding edges in to enclose the filling. Repeat with remaining wrappers, cornflour mixture and filling.
- Pour vegetable oil into the large frypan until just covering the bottom. Heat until very hot. Cook spring rolls, in batches, for 1 – 2 minutes or until golden. Place on greaseproof paper on a tray and transfer to the oven to keep warm until serving
- Serve with sweet chilli sauce.