

ONLINE AT THE Y

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Cooking at the Y - Vegetable spring rolls

Recommended for ALL ages

Resources/Ingredients:

- 100g Asian vermicelli noodles
- 1 tablespoon sesame oil
- 2 cloves garlic, minced
- 1 1/2 cup Chinese cabbage, sliced finely
- 1 cup bamboo shoots, chopped roughly
- 1 carrot, peeled and grated
- 1 tin water chestnuts, drained and chopped
- Salt-reduced soy sauce, to taste
- Pepper, to taste
- 1 egg, lightly beaten
- 1 packet frozen spring roll wrappers, thawed (about 30 minutes)
- 1/2 cup vegetable oil for frying
- Sweet chilli sauce or Hoisin sauce to serve

Instructions:

1. In a mixing bowl, cover noodles in boiling water and stand for 5 minutes. Drain and chop into small pieces.
2. Bring wok / non-stick frying pan to a high heat, add oil, garlic, cabbage, bamboo shoots, carrot and cook until soft (about 4 minutes)
3. Stir in noodles and chestnuts.
4. Add soy sauce and pepper. Set aside to cool completely.
5. Place a small bowl with the beaten egg close to your work space.
6. Lay a spring roll wrapper on the bench and turn it diagonally to make a diamond shape.
7. Fill with 1½ tablespoons of filling into the centre of the wrapper.
8. Wrap the bottom half of the wrapper over the top of the filling. Tuck each side inward then using your fingertips wipe the edges of the top part of the diamond with a little egg, and then roll the wrapper to close it.
9. Continue until you have used all the mixture and then cover with a damp tea towel.
10. Clean your wok or frying pan, and bring to a medium heat, add vegetable oil. Wait a few minutes for the oil to heat up. Dip one end of a spring roll into the oil - if it doesn't sizzle, the oil is not ready.
11. When the oil is ready, fry the spring rolls in batches until lightly golden on all sides.
12. Place on a plate lined with paper towels, and serve immediately with sweet chilli or Hoisin sauce for dipping.

