

September: Recipe of the Month “Healthy Spring Rolls” | 2016

Prep time: 15 mins - Cook time: 10 mins – Makes 20

Healthy Spring Rolls

Ingredients

- 1 x 500g Packet spring roll pastry
- 500g pork mince (can use beef)
- 1 tsp Chinese five spice powder
- 3 tbsp soy sauce (low sugar)
- 1 pkt rainbow salad mix or make your own, broccoli stems, carrot and beetroot strips
- Olive oil for frying
- Sweet chilli sauce to serve (Made with Natvia)



Instructions

1. Remove spring roll wrappers from the freezer and allow to defrost
2. In a non-stick pan, brown mince and continue cooking until the fat renders (runs out of the mince) and then drain off the excess fat and discard
3. Add five spice powder, soy sauce and vegetables to mince and cook for a few minutes until vegetables have softened slightly
4. Allow the mince to cool while you are separating the spring roll wrappers
5. With a spring roll wrapper corner facing you, scoop a couple of tbsp.'s of filling across the paper leaving enough room for the sides to be folded in. Fold the side corners in and roll it up into a log form as tightly as you can
6. Heat the olive oil in a non-stick frypan over medium heat and gently brown each side until golden and crunchy, (you can deep fry in olive oil) serve with sweet chilli sauce

Tip

It is a good idea to keep a clean, moist tea towel on top of the wrappers to stop them drying out.

How to roll spring rolls

