




Oven-baked spring rolls




These spring rolls are baked and not deep fried, so they make a fantastic healthy snack for the whole family.

 Serves: 4

 Prep times: 40 mins

 Cook times: 40 mins

 Difficulty: Moderate

Ingredients

- 3 teaspoons (metric) olive oil (1 for tray, 2 for cooking)
- 1 onion (diced)
- 1/2 teaspoon (metric) ginger (finely chopped or ground)
- 1 clove garlic (finely chopped)
- 1 celery stalk (chopped)
- 5 mushrooms (finely diced)
- 1 capsicum (finely diced)
- 2 cups cabbage (finely chopped)
- 1 cup (cooked ham (finely diced)
- 1/2 cup bean sprouts
- 1 tablespoon (metric) cornflour
- 1 teaspoon (metric) sweet chilli sauce
- 1 tablespoon (metric) soy sauce
- 250g frozen spring roll pastry (thawed)

Method

1. Preheat oven to 200°C.
2. Brush an oven tray with 1 teaspoon of the oil.
3. Heat remaining oil in a wok or frying pan over medium to high heat. Add onion, ginger and garlic and stir-fry for 1 minute.
4. Add celery, mushrooms, capsicum and cabbage and stir-fry for about 3 minutes.
5. Add ham and sprouts. Cover with lid and let vegetables cook for another minute.
6. Meanwhile combine cornflour, sweet chilli sauce, soy sauce and herbs.
7. Add the mixed sauce to the spring roll filling and heat until mixture boils and thickens.
8. Remove saucepan from heat and allow to cool.
9. Place 1-2 tablespoons of mixture on the bottom corner of one spring roll sheet. Fold edges of sheet in and roll up. Continue until all the mixture is used.
10. Bake in a hot oven for 15-20 minutes or until the spring rolls are golden brown.
11. Serve with a dipping sauce.