



Organisation and skill: ★★ ★

Cost: £ £ £

Equipment: 🥄 🥄 🥄

## Ingredients

Allergens in **bold**

- **Filo pastry sheets**
- 1 carrot, grated
- 1 spring onion, finely chopped
- ½ red pepper, finely chopped
- Handful beansprouts
- Cabbage or bok choy, finely sliced
- 2 tablespoons cannellini beans
- 1 tablespoon sweet chilli sauce
- 1 tablespoon vegetable oil or olive oil

## Equipment

- Chopping board
- Vegetable knife
- Mixing bowl
- Frying pan
- Grater
- Measuring spoons
- Large spoon



# How to make them

- ① Add the carrot, spring onion, pepper, cannellini beans, beansprouts and cabbage into a mixing bowl
- ② Bind the mixture with sweet chilli sauce and mix well
- ③ Place one sheet of filo pastry on a flat, clean surface and cut in half
- ④ Lightly brush one sheet with oil, and place the other sheet in top
- ⑤ Take 1 tablespoon of the mixture and place in the corner of the filo sheets.
- ⑥ Fold the corner over the mixture and wrap the remaining pastry from the sides like a parcel and roll as you go!
- ⑦ Once you have a spring-roll shape, brush with oil and place on a baking tray
- ⑧ Repeat steps 3-7 until you have used all of the mixture, then bake for 15-20 minutes at 200°C.
- ⑨ Enjoy hot or cold!

## Recipe hints and tips

- You can use this mixture to make a super easy stir-fry mixture
- Try using prepacked, canned or frozen veg!
- Add in any of your favourite vegetables e.g. broccoli and mushrooms
- Serve with rice, egg noodles or rice noodles
- Add in some chilli for a spicy kick!

