



SPRING ROLLS WITH ASIAN DIPPING SAUCE

Season: All year round
From the garden: Cabbage, courgette, corn, carrots
Type: Lunch, snack
Difficulty: Easy
Country of origin: China
Serves: 10 small rolls
Source: Supercharged food for kids, Lee Holmes

Equipment

- *chopping board
- *knife
- *grater
- *frying pan
- *measuring cup and spoons
- *pastry brush
- *baking tray
- *mixing bowls

- *grater
- *bowl
- *measuring spoon
- *mixing spoon

Ingredients

- *2 tsp coconut oil plus extra for frying
- *1 carrot, grated
- * $\frac{1}{4}$ red or white cabbage, shredded
- *small courgette, grated
- *1 cup of corn kernels (fresh or frozen)
- *10 small rice paper wrappers

Dipping Sauce:

- *1 tbsp fresh ginger, grated
- *2 tbsp tamari or normal soy sauce
- *1 tbsp maple or brown rice syrup (or sugar)
- *1 tsp sesame oil

Method

- 1. grate the carrot and the courgette**
- 2. squeeze as much liquid as possible out of the grated courgette**
- 3. shredd the cabbage finely**
- 4. if using fresh corn, shuck the corn cob and cook in a saucepan for around 4 min. until tender. Refresh under cold water and cut kernels off the cob (parent help required)**
- 5. melt the coconut oil in a frying pan and add the vegetables**
- 6. stirring frequently, cook for around 5 min. until softened**
- 7. soften the rice paper wrappers in a bowl of water and place on a clean tea towel**
- 8. add a small amount of cooked vegetables, fold in the sides and roll up from the bottom**
- 9. either add some coconut oil in a frying pan, and shallow fry the spring rolls till browned all over, or brush them with melted coconut oil and bake in the oven at 180 degrees for 20 min.**
- 10. for the dipping sauce, grate the ginger and mix the other ingredients in a bowl. Taste and adjust flavour by adding more sweetness or saltiness**

Notes: any seasonal vegetables can be used

Skills: measuring, *mixing*, *grating*, *cutting*,