



# *Oil-free Baked Spring Rolls*

## SNACKS & LIGHT MEALS

Recipe makes 26 spring rolls

### Part 1: Spring roll filling

- Cabbage - 1/2
- Carrot - 1
- Capsicum - 1
- Onion - Half
- Mushrooms - 4
- Rice vermicelli noodles - 100gm
- Black pepper - 1 tsp
- Soy sauce - 3 tb
- Salt - to taste

Roughly chop all the vegetables, so that they are about a centimeter in size, the mushrooms can be thinly sliced but in larger pieces.

Place all filling items except noodles in non-stick frying pan/skillet to cook with some water and cover with a lid until softened. Then add 1 cup of water, put noodles into water and cover with veggies. Noodles will soften in about 2 to 3 minutes, and water will be absorbed and there should be no water left in the frying pan/skillet.

Allow the filling to cool completely before filling the wrapper.

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## Part 2: Wrapper/coating

- Cornflakes(Gluten-free) 2 cups crushed into a fine crumb
- Sesame seeds - 1 cup
- Salt to taste
- Rice-paper - 26 rounds

Prepare the crumb by mixing the crushed cornflakes, sesame seeds and salt in a bowl.

Rotate the rice-paper in warm water. Ensure this is a swift motion (5 secs approx for each piece) - do not soak the rice-paper as it will be difficult to work with. If the rice-paper seems a little hard this is ok it will continue to absorb the water and will soften up.

Place 2 tablespoons of mix in the bottom center of the rice-paper (ensure not to overfill) roll over the bottom part of the rice-paper over the filling and tuck in sides as you roll.

Then roll the spring roll in the crumb mix and place on a non-stick baking sheet.

Preheat oven to 180°C/356°. Cook for 20-30 minutes or until golden and crispy. Serve with your favorite dipping sauce.

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