



Easy Spring Rolls

Ingredients

- 1 teaspoon Maggi Liquid Seasoning
- 5 tablespoons sunflower or vegetable oil
- 500 g Stir fry vegetables mix (pre-prepared)
- 1 Clove Garlic
- 1 teaspoon root ginger, finely grated
- 225 g filo pastry
- 300 g Rice noodles, cooked
- 1 Medium Egg
- 4 tablespoons Maggi Extra Hot Chilli Sauce

Instructions

1. Heat 1 tablespoon of vegetable oil in a large frying pan and cook the pre-prepared stir fry veg for 1 minute. Finely chop the garlic and add to the pan with the chopped ginger. Stir fry for another minute, add the Maggi liquid seasoning and fry for a final minute. Remove from the heat, tip onto a plate and cool for 10 minutes.
2. Mix the cooked noodles into the vegetables (you can snip the noodles with scissors if they are very long). Lay a sheet of filo pastry out on the surface and spoon some of the filling in a 6-8cm line near one end. Roll up the pastry to encase the filling creating a roll shape, tucking in the pastry at the ends neatly. Beat the egg and brush a little onto the edges to help seal the pastry together. Repeat to use all the pastry and filling.
3. Pour vegetable oil into a large, deep pan until it comes about halfway up the side of the pan. Heat the oil until a square of white bread cooks in the oil in about 30 seconds (or to about 180°C if you have a thermometer). Using tongs, gently lift the spring rolls into the hot oil and fry until golden and crisp, turning occasionally. Alternatively transfer the spring rolls to a parchment lined baking sheet, brush with oil, and bake in an oven preheated to 200°C (180°C for fan ovens) for 8-10 minutes until brown and crispy.
4. Serve while still hot with the Maggi Extra Hot Chilli Sauce!

Nutrition

Carbohydrate	30.04 g
Energy	272.39 kcal
Fat	14.29 g
Fibre	1.89 g
Protein	4.92 g

65 Minutes

8 Makes 8

of which: saturates	1.71 g
Sodium	292.79 mg
of which: sugars	4.35 g