**Baked Spring Rolls - Makes 6**

**Ingredients**



750 ml of shredded cabbage

125ml shredded carrot (½ a carrot)

2 green onions (white/green part separated)

10ml olive oil

10ml soy sauce (5ml at two different times)

15ml vinegar

pinch of crushed chilis

pinch of salt

250ml cooked noodles (1 noodle cake)

6 spring roll wrappers

**Filling**

1. Add oil to hot pan and sauté spring onions (white part only)
2. Add the rest of the veggies to fry for 4-5 minutes (DON’T OVERCOOK)
3. Add soy sauce (5 ml) and vinegar (mix well)
4. Add green parts of onions and pinch of salt mix and remove from stove
5. Cook noodles in boiling water until al dente (rinse well and drain completely)
6. Add them to the stir fried veggies and fry for one minute. Pour in the 5ml soy sauce and sprinkle with pepper.
7. Cool this completely.

**Spring Rolls Assembly**

1. Place a damp cloth over the frozen sheets for 5-7 minutes to thaw.
2. Spread one wrapper and place a spoonful of filling in the center.
3. Roll one edge towards the inner side covering the filling. Bring the sides to the center. Dampen the left edge and roll the wrapper to seal.
4. Keep rest of the wrappers covered with a damp towel so they don’t dry out.
5. Preheat oven to 450F.
6. Once made brush the spring rolls generously with oil.
7. Place them on a greased cookie sheet and bake for 12-13 minutes them flip them and bake for 6 more minutes.

**Recipe Notes and Additions**

Special Instructions:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Notes for Future Use:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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