

# Vegetable Spring Rolls



## INGREDIENTS:

100g Kingfisher Bamboo Shoots, drained and cut into matchsticks  
75g Kingfisher Beansprouts, drained  
50g Kingfisher Water chestnuts, drained, sliced into small strips  
1 tablespoon groundnut oil  
1 teaspoon grated, peeled fresh root ginger  
100g fresh mushrooms, sliced, stalks removed  
2 tablespoons low-sodium, light soy sauce  
1 tablespoon Chinese five-spice powder  
2 leaves of cavolo nero, washed, shredded  
2 large spring onions, sliced lengthways  
1 small carrot, peeled, cut into matchsticks  
1 tablespoon of oyster sauce or vegetarian oyster sauce  
1 teaspoon toasted sesame oil  
Pinch sea salt  
Pinch ground white pepper  
25-30 large spring roll wrappers (15x15cm/6x6in square), frozen variety, defrosted  
1 medium free-range egg, lightly beaten  
Peanut oil, for deep-frying  
Thai sweet chilli sauce, to serve (optional)

## DIRECTIONS:

1. Heat a wok over a high heat until it starts to smoke. Add the groundnut oil. Add the ginger and stir-fry for a few seconds.
2. Tip in the mushrooms, Kingfisher Bamboo Shoots and Water Chestnuts. Stir-fry for 1–2 minutes, season with 1 tablespoon of the soy sauce and the five-spice powder. Add a small splash of water around the edges of the wok to help create some steam. Remove from the wok and set aside to cool, this should take about 30 minutes to 1 hour.
3. Put the Kingfisher Beansprouts, cavolo nero, spring onions and carrot in a bowl. Add the remaining 1 tablespoon of soy sauce, oyster sauce, toasted sesame oil, salt and pepper. Stir together to mix.
4. Once cooled add in the mushroom mixture and stir well to combine.
5. Arrange one spring roll wrapper so that the corners are pointing upwards, downwards and to the sides.
6. Spoon 2 teaspoons of the filling starting at the bottom corner about 2cm/¾in from the edge. (Make sure the filling is cool but not too wet).
7. Roll over the filling, squeezing any air out as you roll away from you. As you reach the middle bring the two corners that are pointing to the side to the middle making sure they overlap. Continue to roll and tuck the top edge in and seal it with a little of the beaten egg. Repeat with the remaining spring roll wrappers and filling.
8. Half-fill a large saucepan or deep-fat fryer with the peanut oil. Heat the oil to 180°C/350°F. (A 2cm/1in cube of bread should go brown and crisp in 1 minute when dropped into the oil). Deep-fry the spring rolls for 5-6 minutes swishing them in the fryer until golden-brown crisp and piping hot in the middle. Remove with a slotted spoon and drain on kitchen paper. Serve with Thai sweet chilli sauce.