



## Chinese-style wintery rolls



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



238 kcal

## Ingredients

- ☐ 1 medium carrots trimmed
- ☐ 1 medium leek trimmed
- ☐ 0.5 celery root peeled
- ☐ 2 sticks celery trimmed
- ☐ 1 small onion red
- ☐ 0.5 bell pepper red yellow cored deseeded
- ☐ 1 large to 5 chillies fresh red deseeded
- ☐ 2 ginger fresh
- ☐ 2 garlic clove

- ☐ 25 g cilantro leaves leaves picked
- ☐ 25 g flat parsley leaves picked
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp soya sauce
- ☐ 1 tbsp sesame oil
- ☐ 100 g bean sprouts mixed
- ☐ 1 tbsp sesame seed lightly toasted
- ☐ 6 large you will also need: parchment paper ( 25cm square)
- ☐ 1 egg whites lightly beaten
- ☐ 6 servings vegetable oil for deep frying
- ☐ 3 savory vegetable
- ☐ 1 tbsp soya sauce
- ☐ 1 tbsp chilli sauce sweet
- ☐ 2 tsp sesame oil
- ☐ 1 tbsp rice vinegar

## Equipment

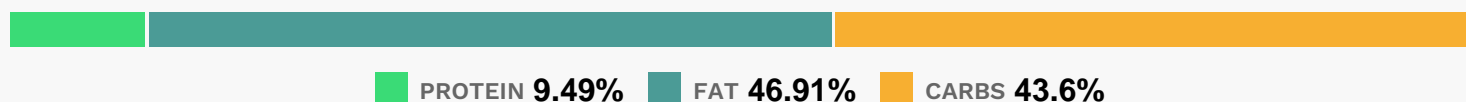
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wok
- ☐ kitchen towels
- ☐ colander

## Directions

- ☐ Make the filling. Slice the carrot into long, thin lengths. Then cut into long, thin julienne sticks.
- ☐ Cut the leek into three, halve, then cut into sticks. Slice the celeriac and celery, then cut into julienne sticks as before.
- ☐ Halve the onion lengthways, then slice thinly. Slice the peppers into sticks.

- ☐ Cut the chilli into thin shreds.
- ☐ Cut the ginger into small julienne sticks and chop the garlic.
- ☐ Mix everything together in a bowl with half the picked herb leaves.
- ☐ Heat olive oil in a wok until very hot and add half the veg. Toss for 30 secs to wilt, then remove from the heat, season and toss in soy and sesame oil.
- ☐ Drain in a colander set over a bowl. Repeat with remaining veg.
- ☐ Mix in bean sprouts, sesame seeds, remaining herbs and extra soy, if liked.
- ☐ When the filling has cooled, peel off a spring roll wrapper it will feel slightly sticky. Cover the remainder with a tea towel.
- ☐ Lay the wrapper on a board and brush the edges with egg white. Spoon a sixth of the vegetables in a line on the top third of the wrapper.
- ☐ Fold over the top of the wrapper and press well down all round. Fold in the sides, then roll up firmly, pressing the end in well. The roll should be about 18cm long. Repeat process with the remaining filling and wrappers. The rolls can be chilled at this point for up to 3 hrs, uncovered, in the fridge, until ready to cook. (You should only cook the rolls just before youre ready to serve, so that they remain crisp.)
- ☐ Heat a deep fat fryer or large pan a third full of oil to 180C (or until a cube of bread crisps and turns brown). Deep-fry two rolls at a time for 5 mins until golden and crisp.
- ☐ Drain on paper towel.
- ☐ Mix ingredients for the sauce and pour into 1 larger or six very small bowls. Trim the ends off the rolls, then cut in half diagonally.
- ☐ Serve on one large or six small plates with sauce.
- ☐ Garnish with herb leaves or salad.

## Nutrition Facts



## Properties

Glycemic Index:86.47, Glycemic Load:3.45, Inflammation Score:-9, Nutrition Score:18.490434859758%

## Flavonoids

Apigenin: 10.67mg, Apigenin: 10.67mg, Apigenin: 10.67mg, Apigenin: 10.67mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 238.14kcal (11.91%), Fat: 12.81g (19.7%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 23.18g (8.43%), Sugar: 6g (6.67%), Cholesterol: 1.71mg (0.57%), Sodium: 563.36mg (24.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Vitamin K: 131.29µg (125.04%), Vitamin A: 3051.78IU (61.04%), Vitamin C: 41.3mg (50.06%), Manganese: 0.5mg (25.15%), Folate: 68.92µg (17.23%), Vitamin B6: 0.31mg (15.38%), Fiber: 3.6g (14.39%), Iron: 2.46mg (13.65%), Vitamin B1: 0.2mg (13.5%), Phosphorus: 134.87mg (13.49%), Potassium: 456.19mg (13.03%), Vitamin B2: 0.21mg (12.39%), Vitamin B3: 2.39mg (11.95%), Vitamin E: 1.76mg (11.76%), Copper: 0.23mg (11.68%), Selenium: 7.97µg (11.38%), Magnesium: 42.5mg (10.63%), Calcium: 85.01mg (8.5%), Zinc: 0.75mg (4.99%), Vitamin B5: 0.49mg (4.94%)