



Pea, feta & quinoa spring rolls with roast tomato nam prik

 Vegetarian

READY IN



160 min.

SERVINGS



12

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 50 g quinoa
- ☐ 85 g feta cheese crumbled
- ☐ 1 small bunch mint leaves chopped
- ☐ 3 spring onion finely chopped
- ☐ 1 lemon zest
- ☐ 6 sheets dough (270g pack)
- ☐ 1 eggs beaten

- ☐ 12 servings unrefined sunflower oil for frying
- ☐ 6 large tomatoes halved
- ☐ 4 tbsp olive oil extra-virgin
- ☐ 1 garlic clove chopped
- ☐ 0.5 chilli red chopped
- ☐ 2 tsp ginger grated
- ☐ 0.5 bunch coriander including stalks roughly chopped
- ☐ 0.3 bunch mint leaves roughly chopped
- ☐ 1 tbsp juice of lime
- ☐ 1 tbsp tamarind paste
- ☐ 1 tsp coconut sugar
- ☐ 200 g petits pois frozen

Equipment

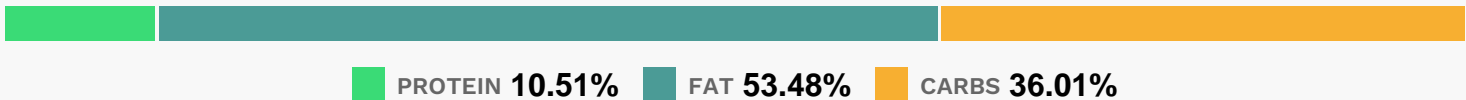
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wok
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ To make the nam prik, place the tomatoes, cut-side up, on a baking sheet.
- ☐ Drizzle with 1 tbsp of the olive oil, season, then roast for 1-2 hrs until semi-dried.
- ☐ Remove from the oven, let cool, then tip into a food processor with the remaining ingredients and blitz to a medium pure.

- ☐ Cook the quinoa in a pan of boiling salted water following pack instructions. Tip into a bowl and set aside to cool. Cook the peas for 1 min in boiling water, then drain and run under cold water for a few mins.
- ☐ Drain thoroughly, tip into a food processor and pulse to a chunky pure.
- ☐ Add this to the cooled quinoa along with the feta, mint, spring onions and lemon zest and juice.
- ☐ Mix well to combine and season to taste, adding more lemon juice if required.
- ☐ Lay a sheet of filo in front of you, keeping the remainder covered under a damp tea towel.
- ☐ Cut the filo in half across the width to make 2 squares. With one corner pointing towards you (so you are looking at a diamond shape rather than a square), spoon 2 tbsp of the filling just below the centre line and shape into a log.
- ☐ Brush the pastry edges with egg, then fold in the 2 side corners. Keeping your fingers on the corners, bring the bottom corner up over the filling towards the centre, then roll up tightly towards the top corner. Its important to roll as tightly as possible, so the spring rolls cook evenly. Repeat with the remaining filo sheets and filling.
- ☐ Heat about 3cm sunflower oil in a large pan or wok and fry the spring rolls, in batches, for 2–3 mins or until golden brown.
- ☐ Remove with a slotted spoon and drain on kitchen paper.
- ☐ Transfer the spring rolls to a plate and serve with the nam prik.

Nutrition Facts



Properties

Glycemic Index:35.03, Glycemic Load:4.27, Inflammation Score:-7, Nutrition Score:10.002173887647%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 171.18kcal (8.56%), Fat: 10.44g (16.07%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 13.02g (4.73%), Sugar: 4.33g (4.81%), Cholesterol: 19.94mg (6.65%), Sodium: 139.63mg (6.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Vitamin C: 23.78mg (28.82%), Vitamin K: 22.21µg (21.16%), Vitamin A: 1025.06IU (20.5%), Vitamin E: 2.54mg (16.93%), Manganese: 0.32mg (16.24%), Folate: 47.95µg (11.99%), Fiber: 2.8g (11.2%), Vitamin B1: 0.17mg (11.15%), Phosphorus: 101.76mg (10.18%), Vitamin B2: 0.17mg (10.01%), Potassium: 327.77mg (9.36%), Vitamin B6: 0.18mg (8.93%), Magnesium: 29.99mg (7.5%), Vitamin B3: 1.5mg (7.48%), Selenium: 5.15µg (7.35%), Iron: 1.26mg (7.01%), Copper: 0.13mg (6.63%), Calcium: 59.29mg (5.93%), Zinc: 0.82mg (5.46%), Vitamin B5: 0.3mg (3%), Vitamin B12: 0.15µg (2.54%)