



Wrap-your-own spring rolls

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 300 g vermicelli cooked (see tips)
- ☐ 400 g savory vegetable mixed shredded red such as peppers, beansprouts, carrots, chinese leaf cabbage, spring onions thinly sliced
- ☐ 140 g shrimp cooked
- ☐ 100 g chicken shredded cooked
- ☐ 2 garlic clove finely chopped
- ☐ 1 small piece ginger finely chopped
- ☐ 1 tablespoon soy sauce light
- ☐ 8 servings five spice powder chinese for sprinkling

- ☐ 8 sheets dough (see tips)
- ☐ 1 eggs beaten
- ☐ 8 servings sesame seed for sprinkling if you want
- ☐ 100 g no-sugar-added cherries
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 1 small piece ginger grated
- ☐ 1 pinch sugar

Equipment

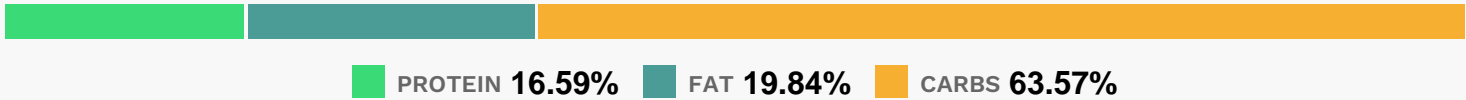
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Before you get the kids cooking, put the noodles, vegetables, prawns and chicken in individual bowls for everyone to help themselves. Wash hands, put aprons on, sit the kids down and give them their own mixing bowl and spoon.
- ☐ Let them choose which ingredients they want (noodles are essential) in their rolls and if they want to graze as they choose, thats fine all the ingredients are cooked or can be eaten raw.
- ☐ Add a bit of garlic and ginger, a tiny dash of soy and sprinkling of five-spice to each bowl and let them mix everything together.
- ☐ Push the bowl aside and lay a sheet of pastry in front of each child. Ask them to spoon the filling down one side of each sheet then give them the beaten egg and a brush so they can brush around the edges. Then help them to roll them up neatly by folding both sides over the filling, then rolling them up.
- ☐ Lift the spring rolls onto a baking tray, seam side down, brush with a little more egg and sprinkle with sesame seeds, if you want. Try to remember which child made which roll to save any arguments at the end!
- ☐ Bake the rolls for 20-25 mins or until golden.

While the rolls are in the oven, make the dipping sauce. Get the kids to mix all the ingredients together until the sugar has dissolved. When the spring rolls are golden and crisp, remove from the oven. Leave until cool enough to handle, cut into pieces for smaller kids, then let them eat, dipping the rolls into the sauce.

Nutrition Facts



Properties

Glycemic Index:40.76, Glycemic Load:24.1, Inflammation Score:-9, Nutrition Score:13.90869556173%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 330.65kcal (16.53%), Fat: 7.2g (11.08%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 51.95g (17.32%), Net Carbohydrates: 47.83g (17.39%), Sugar: 1.06g (1.18%), Cholesterol: 58.01mg (19.34%), Sodium: 348.89mg (15.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.55g (27.1%), Vitamin A: 2577.72IU (51.55%), Manganese: 0.66mg (32.85%), Copper: 0.52mg (25.98%), Selenium: 17.99µg (25.7%), Phosphorus: 233mg (23.3%), Iron: 3.3mg (18.36%), Vitamin B1: 0.26mg (17.02%), Fiber: 4.12g (16.48%), Magnesium: 60.45mg (15.11%), Vitamin B3: 2.97mg (14.86%), Calcium: 123.78mg (12.38%), Zinc: 1.79mg (11.93%), Folate: 44.03µg (11.01%), Vitamin B2: 0.18mg (10.86%), Vitamin B6: 0.21mg (10.31%), Potassium: 281.34mg (8.04%), Vitamin C: 5.74mg (6.96%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.09µg (1.42%)