

SPRING ROLLS.

INGREDIENTS.

1 onion finely sliced	2 spring onions
1 carrot finely chopped	1 slice pumpkin finely chopped
2 kale leaves shredded	$\frac{1}{2}$ bunch parsley
2 capsicums	1 chilli
Piece of ginger grated	1 garlic clove
1 packet of rice noodles	$\frac{3}{4}$ cup rice cooked
Soy sauce	1 packet of spring roll wrappers.

Put the noodles into a bowl and cover with boiling water leave to stand.

Cook the rice, strain and set aside.

Chop all of the vegetables very fine and place in a bowl.

Grate the ginger and add to the bowl.

Add the rice.

Strain the noodles cut into shorter pieces and add to bowl.

Season with Soy sauce and mix together.

Open the spring roll wrappers cover with a damp tea towel (they dry out very quickly)

Place the wrapper in front of you in diamond shape with the point towards your tummy.

Place a couple of spoons of mix just below centre with a space on either side.

Roll up the mixture one turn and fold in the sides.

Keeping it tight roll up the rest and when you reach the end wet it and firm it down.

Fry the spring roll in some hot oil until brown and crispy.

Serve with a dipping sauce.