

Spring Rolls with Stir Fried Vegetable



Ingredients

8 PAMPAS SPRING ROLL wraps	1 tbs Worcestershire sauce	Vegetables
400g Mince Beef lean	1/2 tbs Soy Sauce Light	1 tbs Sesame Seeds
1 packet Bean shoots	1/2 tbs Sweet Chilli Sauce	1 tbs Cashew Nuts crushed
1 Carrot grated	1 tsp Fish Sauce	1/2 cup CRISCO CANOLA Oil
1 Onion white finely chopped	3 cups Mixed Fresh	2 Ltr CRISCO SUNOLA Oil

Method

Prepare Spring roll filling - Add CRISCO CANOLA Oil to a hot Wok or Pan, Saute Onion until tender. Add Mince Beef and saute for 5min or until cooked through. Add Bean Shoots & Grated carrot & allow liquid to cook off. Mix through Worcestershire sauce, Soy Sauce, Sweet Chilli & Fish Sauce. remove from heat & allow to cool. **Wrapping Spring Rolls** - When your mix has cooled cut the Spring roll wraps into Qtrs and place in a damp Tea towel. Taking 2 pieces (double 1 on top of the other) at a time place a spoon of filling diagonally on the wrap, fold & roll wetting the last corner to seal the Spring Roll Wrap. **Stir Fried Vegetables** - In a hot Wok or Pan add 50g of CRISCO CANOLA Oil saute the mixed vegetables & at the last moment toss in the Sesame seeds & Crushed Cashew nuts. **Spring Rolls** - Preheat Crisco Sunola to 180c and deep fry spring rolls until golden.

Assemble - Arrange vegetables on your serving dish & 4 Spring Rolls on top.

Serves 4

For more information contact our Advisory Line on 1800 025 066.

