

# Others

## **SUMMER ROLL**

- 60 g Butter
- 1 Large Onion, sliced thinly
- 3 Medium-sized carrots, sliced in lengths
- 1 Bunch spinach, shredded
- 2 Avocados, chopped
- 1 Cup mung beans or Chinese bean sprouts
- 3 Small sprigs fresh dill or ½ teaspoon dried dill

## **SPRING ROLL**

- 1 Cup water
- 1 Cup plain flour
- 1 Egg
- 1 Tablespoon oil

Blend ingredients in blender until smooth, adding more water if too thick. This batter should be of a similar consistency to crepe batter, allowing for it to thicken as it stands. leave in refrigerator for 30 minutes. Heat fry pan, when hot turn down to low heat. Pour batter over pan, tilting to spread evenly and thinly over surface. Cook until batter comes away easily, cook other side, 1 minute. Do not cook till brown. They must look like crepes.

Melt butter and sauté onion and carrot for 10 minutes with lid on pan, stirring occasionally. Add spinach. Stir well and cook further for a few minutes until spinach is soft. Cool. Add avocados and mix well. Add sprouts and dill.

Lay out roll sheets and fill up with filling. Close roll sheets and glaze with melted butter before baking. Bake at 220oC until lightly brown.

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