



# Vegetable Pancake Rolls\*



## Ingredients

Makes up to 10 pancake rolls

- 50g/3 tbs carrot
- 50g/2 tbs of rinsed tinned beans i.e. Cannellini
- 50g fresh bean shoots
- 1 spring onion
- $\frac{1}{4}$  red pepper
- 1 tbsp chilli dipping sauce & some to serve
- Vegetable oil
- 10 pancake roll wrappers



## Equipment

Scales, Mixing bowl, coarse grater, measuring spoon, mixing spoon, kitchen scissors, baking parchment, baking tray

## Method

1. Weigh and measure the ingredients.
2. Rinse and dry the bean shoots then put them in a clean bowl and chop up with scissors.
3. Coarsely grate the carrot and add it, with the beans. Mix together.
4. Top and tail the spring onion and cut it into small pieces. Add these and mix.
5. Cut the fresh pepper into small pieces, then add to the other vegetables. Stir in 1 table-spoon of chilli dipping sauce.
6. Put some baking paper on a baking tray and brush with oil ready for the finished rolls
7. Now take out a pancake roll wrapper. Turn the pastry with your hands so that a corner is pointing towards you (like a diamond).
8. Spoon some of the filling onto the corner nearest you. Fold this corner towards the centre and tuck it under the filling. Fold the 2 outside corners in towards the middle so it looks like an envelope.
9. Roll up the pastry to look like a sausage. Dab with oil and put on the baking tray. Repeat until you have made 4 or 5.
10. Place in a preheated oven at 200°C (fan oven)/220°C/Gas 7 for 15-20 minutes until crisp and golden.
11. Serve with the extra dipping sauce.

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