SPRING ROLLS

INGREDIENTS

-For the outer covering

2 cups flour

2 tbsp . semolina

1tbsp .oil

Salt and cold water

-For the filling

French beans -100 g ,finely cut ,1 inch long carrots ,100 g finely cut 1inch long capsicum 100 g cut into strips ,cabbage -200 g finely chopped, sprouted moong 1 cup , ajinomoto ½ tsp , chilly suace 1 tsp. soya suace ½ tsp , oil -3 tbps , salt to taste.

METHOD

1. Sieve the flour and add semolina. Add salt and oil and mix these ingredients. Prepare a thick consistency dough with the water. Keep aside for 10minutes.

2. Keep the vegetables in the refrigerator for 1 hour. Heat oil in a vessel. Add French beans, carrots, ajinomoto and salt. Stir on a high flame for 5 minutes. Add soya sauce and chilli powder. Stir for 5 minutes. Remove and cool.

3. Knead and dough and divide into 10 portions. Take one portion and roll into a thin chapatti. Pit 1 tbsp of vegetables in the centre. Fold the sides and form into a roll. Bind the open ege with water. Prepare all the rolls in same way. Keep the rolls in a floured tray. Immediately fry them till they turn golden brown.