

Prawn Spring Roll Wraps



Serves 4 Prep 10 mins

Cooking 20 mins

Easy

Ingredients

1 bundle dried thread rice noodles (about 60g)
1 tbsp sunflower oil
300g pack fresh stir-fry vegetable - go for a leafy mix small bunch
parsley, stalks finely sliced, leaves roughly chopped
200g raw peeled prawn, halved
1 tbsp sweet chilli sauce, plus extra to serve
8 small sheets filo pastry
1 tbsp sesame seeds (optional)

1. Heat oven to 220C/fan 200C/gas 7. Cook the noodles according to pack instructions. Heat 1 tsp oil in a large wok or non-stick frying pan. Stir-fry the vegetables and parsley stalks for 3-4 mins until almost cooked, but still with a little crunch. Throw in the prawns for 1 min until pink, then stir in the sweet chilli sauce, parsley leaves and noodles, then remove from the heat.
2. Brush 4 sheets of filo with a little of the oil, then cover with the remaining sheets. Pile a quarter of the prawn mixture along the narrow edge of each sheet, fold over the edges, then roll up to give you 4 large spring rolls. These can now be frozen for up to 1 month; defrost thoroughly before cooking as below. Brush with the remaining oil, sprinkle with sesame seeds if using, then bake on a baking sheet, seam-side down, for 15 mins until golden and crisp. Serve with a green salad, and a good dollop of extra chilli sauce on the side.