

## Vegetarian Spring Rolls

2 tspns olive or canola oil  
1 clove garlic, crushed  
100g mushrooms, finely chopped  
2 spring onions, finely chopped  
1/2 red pepper, diced  
3 cups finely shredded cabbage  
2 Tbsp water  
1 Tbsp soya sauce  
1 chicken stock cube, crumbled  
1 Tbsp cornflour  
12 spring roll wrappers (available from Asian food stores)  
2 egg whites, lightly beaten

Heat oil and garlic in pan, add mushrooms, cook for 2 mins. Add spring onions, peppers, and cabbage and cook until cabbage is wilted. Stir in blended water, sauce, stockcube and cornflour. Cook till liquid has thickened. Cool. Divide cooled mixture evenly between spring roll wrappers, fold sides in and roll up. Brush rolls lightly with egg white, place on a baking paper covered tray and bake at 190 C for about 20-25 minutes or until lightly browned. Serve with sauce (commercial plum sauce, sweet and sour sauce or sweet chilli sauce are excellent accompaniments).

### Health Habits: