



chiltern
cold pressed
extra virgin rapeseed oil

www.chiltern-oil.co.uk

How to make Vietnamese Spring Rolls...

1. Heat the Chiltern chilli oil in a frying pan and fry the vegetables for 1-2 minutes, allow these to cool.
2. Mix together the noodles, chicken, stir-fry vegetables and herbs with the soy sauce.
3. Put one spring roll at a time into hot water until pliable (roughly 10-15 seconds) and then lightly blot dry on a clean towel.
4. Place equal quantities of the filling into the middle of each of the spring rolls.
5. Fold over the bottom and sides of the spring roll to form a neat roll shape.
6. Serve with additional stir-fry oil.

What you'll need...

5 tablespoons of Chiltern Cold Pressed Stir-

Fry Oil

150g of stir-fry vegetable mix

150g of whole-wheat noodles that are cooked

100g shredded cooked chicken

1 tablespoon of freshly chopped mint and coriander leaves

1 tablespoon of light soy sauce

134g pack of spring roll wrappers (rice cakes)

