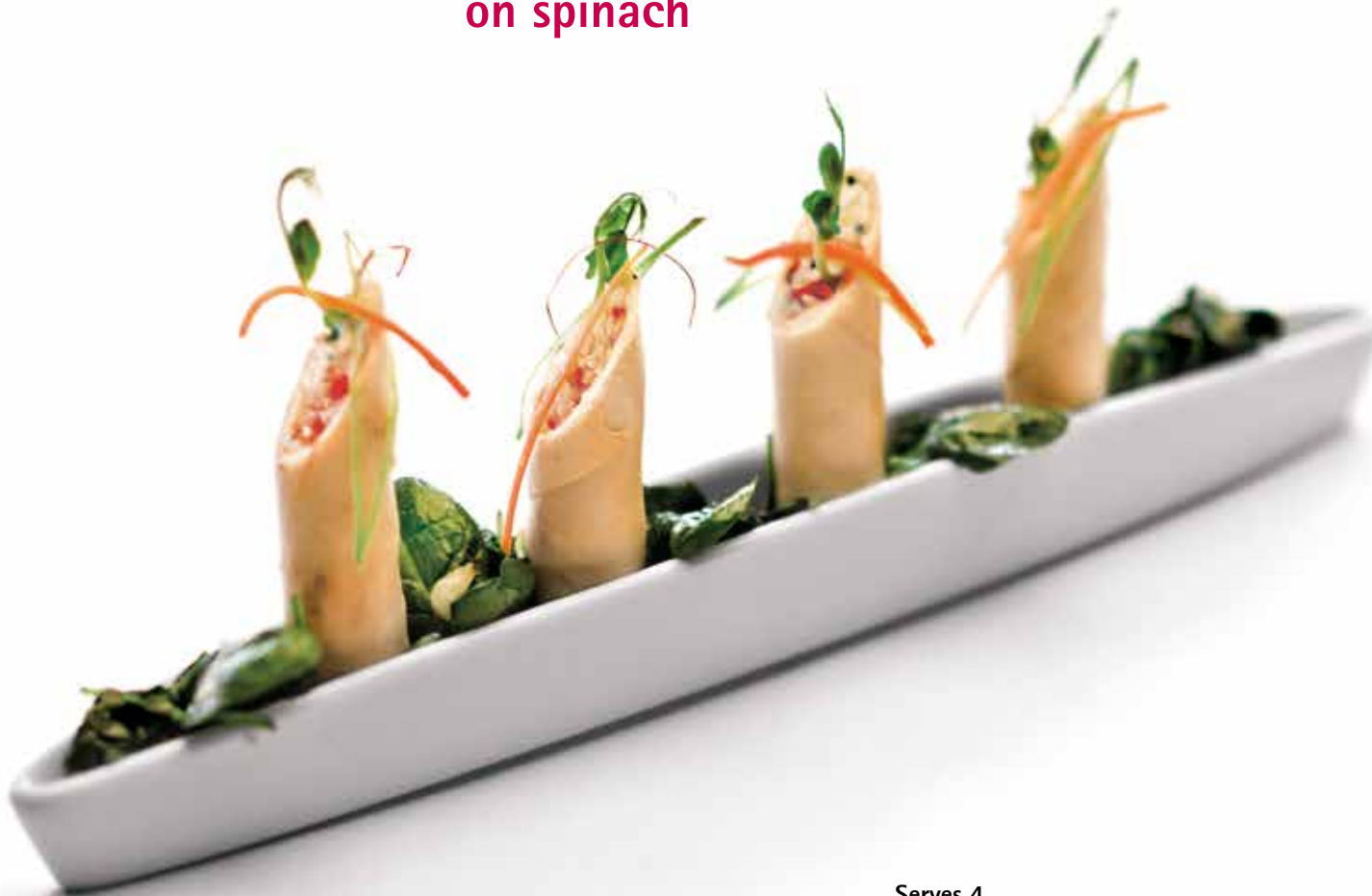


Vegetable rice spring rolls on spinach



Serves 4

100 g rice	2 eggs
1 medium sized carrot	½ chili
1 small red onion	Fresh ground pepper
1 bell pepper (any color)	8 double sized spring roll wrappers
1 shallot cut into rings	2 TBSP of cream
1 small bunch of chives	1 package of frozen spinach
½ bunch of cilantro	



Main course

Vegetable rice ...

Boil the rice in plenty of water until done. Peel the carrot and cut it into small cubes; do the same with the onion and bell pepper. Cut the shallot into rings. Soften the vegetables in plenty of hot water and shock in an ice bath when done. Finely chop the chives and cilantro. Add the rice, veggies and herbs to a bowl and mix thoroughly. Separate the egg whites and yolks and add the latter to the veggie mixture. Set the whites aside for future use. Season to taste with chili powder and pepper.

Spring rolls ...

You can buy spring roll wrappers pre-made at the supermarket or Asian grocery. Unpack and place two unrolled pieces of wrappers on top of each other for filling. When you have stacked up all of the dough pieces next to each other, spoon equal amounts of the rice-vegetable filling on each stack. Brush egg white on all of the edges of the dough, fold in the ends and roll up each stack tightly to form the spring rolls.

Cover a baking sheet with parchment paper and set out the spring rolls on top of it. Brush each roll with a bit of liquid whipping cream. Bake in the oven at 200 degrees C for 15-20 minutes until lightly golden brown.

Remove the spring rolls from the oven, cut diagonally and place on the spinach, which has been defrosted and cooked without any liquid.

