

BAKED SPRING ROLLS



Originally from ancient China, spring rolls are made using wheat or rice flour dough filled with vegetables and meat and are traditionally fried.

The recipe has been adapted and modified in many countries. This variant avoids having excess fat by baking rather than frying the spring rolls. It also offers an excellent vegan or vegetarian option.

Ingredients*

Vegetable filling / servings	one (3 rolls, 30 g each)	four (12 rolls)	ten (30 rolls)	formula %
● cabbage, sliced	63 g	250 g	625 g	47.24
● mushrooms, sliced	29 g	115 g	288 g	21.77
● onion, chopped	15 g	60 g	150 g	11.34
● carrot, grated	15 g	60 g	150 g	11.34
● celery, chopped	8.25 g	33 g	82.5 g	6.24
● canola oil	1.25 ml	5 ml	12.5 ml	0.94
● soy sauce	1.25 ml	5 ml	12.5 ml	0.94
● garlic, crushed	0.25 g	1 g	2.5 g	0.19

Spring roll	one serving (3 rolls)	four servings (12 rolls)	ten servings (30 rolls)	formula %
● vegetable filling	90 g	360 g	900 g	74.38
● phyllo dough	12 g	48 g	120 g	9.92
● plum sauce	10 ml	40 ml	100 ml	8.26
● black sesame seeds	6 g	24 g	60 g	4.96
● canola oil	3 ml	12 ml	30 ml	2.48

* The weight of all ingredients is given in edible portion.

Instructions

Vegetable filling

- Add oil to a non-stick pan. Add onions and cook until they turn translucent.
- Add the remaining ingredients and cook on medium heat until soft.

Assembly

- Roll out a double or triple layer of phyllo dough and cut it into rectangles (12 × 20–25 cm).
- Brush with flour solution (see note) to moisten the dough.
- Add about 30 g of filling to the corner closest to you and fold in starting from the two sides. Roll the wrappers and seal tightly.
- Place the formed rolls in a tray with a silicon liner, brush with oil and sprinkle with black sesame seeds.
- Bake in a preheated oven at 150–160 °C for 10–12 minutes or until golden brown.
- Serve the rolls with plum sauce.
- Store heated at a minimum temperature of 60 °C until serving or keep refrigerated at 4 °C or below before reheating.

Note: Use 50 g of flour dissolved in 100 ml of water to brush on the dough.

For the soy sauce, aim for varieties with no more than 6000 mg of sodium per 100 ml of sauce.

Nutrition facts**

	Per 100 g	Per serving (111 g)***
Calories	131 kcal (548 kJ)	146 kcal (608 kJ)
Protein	4.3 g	4.8 g
Total fat	5.3 g	5.9 g
Saturated fat	0.6 g	0.7 g
Trans fat	0.0 mg	0.0 mg
Available carbohydrate	16.8 g	18.7 g
Total sugars	6.7 g	7.5 g
Added sugars	3.6 g	4.0 g
Dietary fibre	2.1 g	2.3 g
Sodium	243 mg	269 mg

Allergens: Contains gluten (phyllo dough and soy sauce) 

** Nutrient information includes the plum sauce.
*** 3 pieces of 37 g each



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The recipe is intended to be used by food businesses, concessionaries and sports event organizers.