

rare recipes
by
Reena Malhotra

VEG. SPRING ROLLS (Indian Style)



Ingredients :

(in order of requirement, during preparation)

For the Dough :

- | | |
|--|--------------------|
| <input type="checkbox"/> Refined Flour (Maida) | 3 cups |
| <input type="checkbox"/> Wheat Flour | ½ cup |
| <input type="checkbox"/> Salt | As per taste |
| <input type="checkbox"/> Cooking Oil | 2 tablespoons |
| <input type="checkbox"/> Luke Warm Water | As per requirement |

For the Filling :

- | | |
|--|---------------|
| <input type="checkbox"/> Refined Cooking Oil | 2 tablespoons |
| <input type="checkbox"/> Cabbage – Shredded | ½ cup |
| <input type="checkbox"/> Carrots – Shredded | ½ cup |
| <input type="checkbox"/> Capsicum – Shredded | ½ cup |
| <input type="checkbox"/> Onion – Sliced | ½ cup |
| <input type="checkbox"/> Boiled Noodles | 1 cup |
| <input type="checkbox"/> Soya Sauce | 1-2 teaspoons |
| <input type="checkbox"/> Chili Sauce | 1 teaspoon |
| <input type="checkbox"/> Salt | As per taste |
| <input type="checkbox"/> White Pepper | As per taste |
| <input type="checkbox"/> Ajinomoto | A pinch |

For Frying :

- | | |
|--|------------|
| <input type="checkbox"/> Refined Cooking Oil | For Frying |
|--|------------|

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Method of Preparation :

For the Dough :

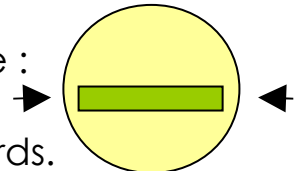
- Sieve and mix the Refined Flour and Wheat Flour.
- Add Salt and Refined Oil to the Flour Mix.
- Knead into a Soft Dough with some luke warm water.
- Keep aside for 30 minutes.

For the Filling :

- Heat a Pan at medium flame.
- Add 2 tablespoons of Cooking Oil, Cabbage, Carrots, Capsicum and Onions to the Pan and stir for 2-3 minutes.
- Add boiled Noodles to the Pan.
- Add Soya Sauce, Chili Sauce, Salt, White Pepper and Ajinomoto
- Stir well for 5 minutes at slow flame.
- Remove the Pan from the flame and allow the contents to cool.

For the Spring Roll Base / Chapatti :

- Take the dough and shape it into even balls of approx. 2" diameter.
- On a flat and greased surface, roll the ball to get a thin Chapatti, (circular sheet) of approx. 7" diameter.
- Place the filling on the Chapatti as shown in the image :
- Fold the left and right side of the Chapatti inwards.
- Holding the left and right sides, roll the Chapatti upwards.
- Seal the edges of the rolled Chapatti with Corn flour paste or water.



For frying the Spring Roll :

- Heat Oil in a frying pan and switch to medium flame.
- Shallow Fry each roll from all sides, till it is crispy & light golden brown.
- Remove and place on a brown paper and cut in diagonal pieces.
- Transfer to a Serving Dish.
- Serve Hot with Hot Garlic Sauce, Tomato or Chili Sauce and Enjoy!

This dish tastes best, when consumed hot within 5-10 minutes of serving.

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