Baked Spring Rolls

Makes about 6 large spring rolls

Ingredients:

- 60 g protein, your choice, finely minced
- 5 mL each, soy sauce and hoisin sauce
- 1 small garlic clove, minced
- 1/2 small shallot, finely chopped
- 30 mL sesame oil, divided
- 45 mL grape seed oil
- 20 g coconut flour
- 6 sheets phyllo pastry
- 1 medium carrot, grated
- 1 mini cucumber, finely sliced
- 42 g glass noodles, cooked (or cooked rice noodles)

Directions:

1. Heat 15 mL coconut oil in a small frying pan, add the garlic and shallot and cook until softened. Add the protein and cook through. Season with soy sauce and hoisin sauce. Cool completely.
2. Combine the remaining 15 mL sesame oil and grape seed oil in a small container.
3. Take one phyllo sheet and brush with combined oils. Sprinkle a small amount of coconut flour on the oiled sheet (I find using a small sieve makes this very easy).
4. In the centre of one short end, spread some grated carrot, sliced cucumber and glass noodles. Add about 1 tablespoon of the meat mixture and spread. Fold the bottom and top sides into the roll (about 1/3:1/3:1/3) and brush with a little of the oil mixture, sprinkle with coconut flour and begin rolling tightly from the filled end. The first layer of the pastry will crack, but don't worry, it will be covered with several layers. Repeat until you have 6 finished rolls.
5. Preheat the oven to 350° F.
6. Brush the finished roll with the remaining oil mixture and lay on a parchment-lined baking sheet. Bake for 20 minutes or until golden, turning occasionally. Serve with peanut dipping sauce, recipe below.

Ingredients for the peanut dipping sauce:

- 60 mL chunky peanut butter
- 45 mL rice vinegar
- 5 mL soy sauce
- dash of honey
- lime juice

Directions for the peanut dipping sauce:

1. Combine all of the ingredients and whisk until well combined. Taste, adding sweetness or salt as needed.

Notes:

- Protein choices: ground beef, pork or chicken. For vegetarian, try crumbled tofu or even tempeh.
- The pastry thickness is essential to make a crispy spring roll, otherwise, the filling moisture overwhelms the pastry and it becomes soggy.