

CULINARY WITH TAJ



Spring Rolls

Ingredients:

300g pack cooked rice noodles from the chiller cabinet

1 carrot

2 green onion stalks

1 red pepper

100g cooked chicken

2 garlic cloves/garlic mince

small piece ginger

light soy sauce

8-10 sheets of brik or filo pastry

1 egg

Method:

Heat oven to 200C/180C fan.

Lay a sheet of pastry.

Spoon the filling down one side of each sheet .

Then take the beaten egg and a brush and brush around the edges.

Then help them to roll them up neatly by folding both sides over the filling, then rolling them up.

Lift the spring rolls onto a baking tray, seam side down, brush with a little more egg.

Bake the rolls for 20-25 mins or until golden.

When the spring rolls are golden and crisp, remove from the oven.

Dipping Sauce Ingredients:

100g reduced salt and sugar ketchup

1 tbs white wine vinegar

small piece ginger, grated

pinch of caster sugar

Dipping Sauce Method:

Mix all the ingredients together until the sugar has dissolved.



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Banana Split Pudding

Ingredients:

- 1 chocolate pudding cup
- 1 vanilla pudding cup
- whipped topping or whipped cream
- 1 ripe banana
- 4 strawberries
- Tin of crushed pineapple
- sprinkles

Method:

The first step is to mix up the pudding if you are using instant pudding mix. If you really want to simplify, you can buy pre-made pudding cups. Let your kids peel open the pudding cups (and maybe even lick the lids!).

Next, drain the crushed pineapple. Use a colander with small holes so the pineapple doesn't slip through the holes.

Then, hull and chop the strawberries and peel and slice the bananas.

Once all of your prep is done, it's time to assemble the Banana Split Pudding Cups! Tip: use a cupcake pan to hold the plastic cups so they don't tip over when the pudding cups are being assembled. (I used this same technique for these).

