

# VEGETABLE SPRING ROLLS WITH BAKED RICE

2 persons / 545 kcal per person

## Ingredients:

- 2 vegetable spring rolls
- 130 gram rice
- ½ onion
- 1 clove of garlic
- 2 cm of fresh ginger
- 1 green bell pepper
- ½ cucumber
- ½ tablespoon of sweet chili sauce
- ½ tablespoon of oil
- pepper and salt



Dipping sauce:  
sweet chili sauce

## Preparation:

Prepare the spring rolls according to the directions on the package. Cook the rice according to the directions on the package. Grate the ginger. Chop the garlic and onion. Wash the bell pepper and cut into pieces. Wash the cucumber, remove the seeds and cut into slices. Heat the oil in a wok. Stir fry the garlic, ginger, onion and bell pepper for about 1 minute. Add the cucumber and fry for about 3 minutes. Add the rice and stir fry 2 minutes. Stir regularly. Add the chili sauce and fry 3 minutes more. Serve the fried rice with the spring roll and dipping sauce.

## Nutritional value per person:

Energy:	545 kcal
Protein:	11.7 grams
Carbohydrates:	95,7 grams
- including sugars:	21.3 grams
Fat:	10.6 grams
Fiber:	8.0 grams
Salt:	2.5 grams