

## Stuffed egg rolls

Heat ¼ Ch sp of the oil and fry the onion. Add in the curry powder, then the minced meat and the vegetables. Sauté, mixing well, pour in the cornflour mixture, add salt and pepper to taste and cook until almost dry. Remove the ingredients and set aside. Make egg pancakes by coating the pan with the remainder of the oil and pouring in a small ladleful of beaten egg to make a thin 10–12 cm round. Cook on both sides until slightly browned. Remove and fill each pancake with some of the mixed stuffing, roll up and serve.

This is a variation of the savoury omelette and pancake.

A little cooked rice may be added to the minced meat and vegetables before rolling up the pancakes if desired.

3 medium eggs, beaten  
2 Ch sp milk  
100 g minced meat (pork, chicken or beef)  
1 Ch sp finely chopped onion  
1 Ch sp diced carrot, boiled  
1 Ch sp sweetcorn kernels  
1 Ch sp peas, boiled briefly  
½ tsp mild curry powder  
salt and pepper to taste  
1 tsp cornflour, dissolved in 2 Ch sp water or stock  
1 Ch sp unsaturated oil

Portion analysis	
energy	: 163 kcals
protein	: 11 g
fat	: 10 g
fibre	: 0.7 mg
cholesterol	: 187 mg
iron	: **
vitamin A	: **
vitamin B <sub>1</sub>	: **