

CEREALY COLD-HEARTED PRAWN ROLL

麦片冷心虾卷



SCAN FOR
MORE RECIPES!



Cooking Instructions

Cooking Ingredients:

- 1) Love, Afare Cereal Prawn Premix
- 2) Shelled Prawns
(Cooked and Diced)
- 3) Fuji Apple
(Peeled and Diced)
- 4) Rock Melon
(Chopped)
- 5) Lemon Juice and Zest
- 6) Mayonnaise
- 7) Spring Roll Pastry
- 8) Flour
- 9) Margarine
- 10) Egg Yolk
- 11) Mayonnaise Dressing

Instructions:

- 1) Mix one packet of Love, Afare Cereal Prawn Premix and items 2) to 6) in a big mixing bowl.
- 2) Mix flour with a little water in a small bowl to create a starch paste.
- 3) Lay out one spring roll pastry (diamond orientation) on tray.
- 4) Lay ~30g (1.5 tablespoons) of mixture (from Step 1) in the middle of pastry.
- 5) Fold the two sides of the pastry skin inwards, then wrap the ingredients with the bottom of the pastry and roll upwards. Seal the end with starch paste (from Step 2). Repeat Steps 4 and 5 with the remaining pastry skin.
- 6) Freeze the rolls for ~40 mins to 4 hours (For best effects, place in freezer for at least 4 hours till the rolls are frozen).
- 7) Heat up pot of oil (~180 degree celsius) for deep frying and fry Spring Rolls for 1 minute till golden brown.
- 8) In a separate pan, melt margarine and turn fire off.
- 9) Stir in egg yolk and one packet of Cereal Prawn Premix and turn on fire to toast mixture.
- 10) Coat deep fried Spring Rolls with mayonnaise dressing, then coat with toasted cereal mix (from Step 9).

Tips:

Freeze your ready wrapped Spring Rolls for at least 4 hours before deep frying for that Hot & Cold effect!