

Baked Banana Spring Rolls

Serves: 32 tastings



From the garden: -

Equipment:

- Small saucepan x 1
- Wooden spoon x 1
- Chopping boards and knives
- Measuring cups
- Red ramekin x 5
- Baking tray x 2
- Baking paper
- Spray oil

Ingredients:

- 4 bananas (peeled, cut in half & cut each half into 4 long sticks)
- 32 spring roll wrappers

Coconut Caramel Sauce:

- ½ can coconut milk
- ¼ cup brown sugar

Method:

1. Heat the oven to 200C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place a spring roll wrapper on a dry work surface, with one corner facing you.
4. Place one piece of banana diagonally along the center.
5. Fold in the ends and roll up firmly to enclose the banana.
6. Repeat with remaining wrappers and bananas.
7. Place on the lined baking trays and spray generously with canola oil spray.
8. Bake for 8 minutes or until golden.

Coconut Caramel Sauce

9. Put all the ingredients for the sauce into a small saucepan over medium heat and bring it to a boil.
10. Lower the heat and simmer until mixture is thickened, about 20 minutes.
11. Remove from heat, let cool and divide sauce into 5 red ramekins.
12. Serve banana spring rolls in 5 serving plates with the sauce in each plate.

Tips: To save time, start making the Coconut Caramel Sauce first. While that is simmering, make the Banana Spring Rolls.