

AIR FRYER VEGETABLE SPRING ROLLS



QUICK

10-15 minutes
prep time plus
cooking time

HEALTHY

The Chinese leaf and carrots
both contain high levels of
vitamin A and C, needed for
healthy skin & a strong
immune system

FAMILY



Makes 8

MEALS

These are a great way to
eat more vegetables.
Serve as a side dish or
starter

INGREDIENTS

- 8 spring roll wrappers (wheat)
- 120g Chinese leaf
- 120g grams carrot
- 150g mushroom
- 140g bamboo shoots
- 3 spring onions
- 2 cm fresh ginger
- 2 large garlic cloves
- 50ml soy sauce
- 10ml sesame oil
- Salt
- 1 tbs oil for frying

METHOD

- 1) Slice the carrot and bamboo shoots into thin strips approx. 2cm long
- 2) Slice your Chinese leaf and roughly dice mushrooms
- 3) Mince the garlic and ginger
- 4) Slice the spring onion
- 5) Heat 1 tbs oil in a wok till hot
- 6) Add the garlic, ginger and spring onion – cook for 1 minute
- 7) Add the sliced vegetables and mix
- 8) Add the soy and sesame oil and cook till tender – 2-3 mins
- 9) Drain through a colander but retain the juice for dipping
- 10) Lay out a spring roll wrapper
- 11) Place a rectangle of mixture approx. 10 x 3cm in the middle near the bottom (leave 2 cm from edge)
- 12) Fold each side over the veg, then roll upwards into a roll. Dip your finger into the juice and use that to help seal it.
- 13) Air fry for between 10-20 mins at 180..... Or oven bake for 35 mins at 180.... Or shallow fry till crispy (approx. 5 mins)
- 14) Serve dipped into the leftover juice, sweet chilli or soy sauce



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To watch a video showing how this is made or to explore more
Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com