

# Spring Rolls

Crispy homemade spring rolls filled with chicken and vegetables. Easy Chinese appetizer recipe with step-by-step instructions for perfect results.

20 min

PREP

20 min

COOK

40 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 2 lb carrot
- 1 cabbage
- 3 leek
- 2 lb thin sheet of dough
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp sunflower oil
- 1 onion

## Instructions

### 1 Prepare the vegetables

Finely chop 2 lb cabbage and 1 leek into small pieces. Grate 3 carrots on the large holes of a box grater. Bring a large pot of salted water to a boil and cook the vegetables for 3-4 minutes until just tender. Drain thoroughly in a colander and press out excess water with the back of a spoon.

### 2 Cook the chicken

Place 2 lb chicken breast in a medium saucepan and cover with water. Bring to a boil, then reduce heat and simmer for 15-18 minutes until the internal temperature reaches 165°F (74°C). Remove chicken and let cool for 5 minutes, then shred into bite-sized irregular pieces using two forks.

### 3 Prepare the wrappers

Cut each spring roll wrapper in half, then cut each half into thirds to create 6 smaller rectangular pieces per wrapper. Cover with a damp kitchen towel to prevent drying out.

#### 4 **Make the filling**

Heat 1 tbsp sunflower oil in a large skillet over medium heat. Add the chopped onions and cook for 3-4 minutes until soft and translucent. Add the shredded chicken and cook for 2 minutes, stirring occasionally. Add the drained vegetables and cook for 3-4 minutes until heated through. Season with 1 tsp salt and 1 tsp black pepper, then remove from heat and let cool for 10 minutes.

#### 5 **Assemble the spring rolls**

Place 2 tablespoons of filling in the center of each wrapper piece. Fold the bottom edge over the filling, fold in both sides, then roll tightly toward the top edge. Brush the top edge with beaten egg white and press to seal securely.

#### 6 **Fry the spring rolls**

Heat 2 inches of sunflower oil in a heavy-bottomed pot to 350°F (175°C). Working in batches of 4-5 rolls, fry for 2-3 minutes per side until golden brown and crispy, turning carefully with tongs. Transfer to a paper towel-lined plate to drain.

7 Serve immediately while hot and crispy with sweet and sour sauce or soy-based dipping sauce on the side.

## Tips

Ensure vegetables are well-drained after cooking to prevent soggy spring rolls. Excess moisture is the enemy of crispy wrappers.

Let the filling cool completely before wrapping to prevent the wrapper from tearing due to steam and heat.

Seal the wrapper edges with beaten egg white for a secure closure that won't open during frying.

Don't overfill the wrappers - use about 2 tablespoons of filling per roll to allow proper wrapping and prevent bursting.

Fry spring rolls in small batches to maintain consistent oil temperature and ensure even browning.

Keep wrapped but uncooked spring rolls covered with a damp cloth to prevent the wrapper from drying out.

Test oil temperature by dropping a small piece of wrapper into the oil - it should sizzle immediately but not violently.

Serve immediately after frying for the best texture, or keep warm in a low oven for up to 15 minutes.