



Chicken and Veggie Egg Rolls

What you Need

2 tsp. Canola oil (or vegetable oil)
1 lb. Chicken (ground or shredded) Note- you can use leftover chicken or rotisserie chicken if you prefer)
1/2 tsp. Salt (or more to taste)
1 tsp. White pepper (or more to taste)
3 tsp. Minced garlic
1 1/2 tsp. Minced ginger
3 Cups fresh cabbage (cleaned, dried and grated) Note- you can use a premade coleslaw mix
3 Large carrots (cleaned, peeled, grated) Note-omit if using a premade coleslaw mix
~~1/4 cup sliced green onions~~
~~1 tablespoon soy sauce~~
~~1 teaspoon toasted sesame oil~~

12 Egg roll wrappers

1 Large egg

~~Peanut oil for frying~~ (I use canola oil)

Large frying pan

Deep pot

Plate lined with paper bag or paper towels

Large bowl

Small bowl

Grater

Tongs

Whisk

Basting brush

Large slotted spoon

Baking sheet

Paper towels or paper bags

Before You Start: this is a pre cooked recipe. You will prepare everything as described below. Then add it to the egg roll wrappers to fry. Lay your egg roll wrappers individually on a baking sheet. Line a plate with paper bag or paper towels.

Lets Make It!

Heat 1 Tbsp oil in a large pan over medium high heat. Sauté garlic ~~(and onion)~~ Add fresh ground chicken and season with salt and pepper. Cook until ground chicken is browned and cooked through. Break it up using a fork or spatula so pieces are small. Note-if you are using leftover or rotisserie chicken cook until warm throughout. Add the garlic and ginger to the chicken and combine, cook for another minute.

Stir in the cabbage (or coleslaw mix) carrots and ~~green onions~~. Cook until cabbage is wilted, (about 5 minutes). Using a slotted spoon transfer mixture to large bowl. Add in ~~soy sauce and sesame oil~~ stir to combine. Let mixture cool for 5 minutes

Spoon approximately 2 rounded tablespoons of mixture onto the center of each egg roll wrapper and fold according to package directions. Using the basting brush, dip into the egg and brush along the edges of the egg roll wrappers to seal the edges of the wrappers closed.

Add approximately 3 inches of oil into a deep pot (enough to cover the egg rolls about half way). Heat the oil to 350 degrees. Fry a few egg rolls at a time, turning occasionally, until browned all over (approximately 3-5 minutes) Using a slotted spoon remove egg rolls from pot and place on prepared plate. Serve with dipping sauce of your choice.

Makes 12 egg rolls.

Substitutions / Omission List

~~1/4 cup sliced green onions~~ finely chopped bell pepper

~~1 tablespoon soy sauce~~ (omit or fish sauce)

~~1 teaspoon toasted sesame oil~~ (canola oil)

~~Peanut oil~~ (canola oil)

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