



Baked Spring Rolls

An exciting blend of chicken, shrimp, shredded vegetables and spices, sealed in wrapper and baked to perfection.

Baking the spring rolls makes for an easier and healthier option to enjoy the oriental flavors in the comfort of your own home.

INGREDIENTS

- 1 small boneless skinless chicken breast, cooked and chopped
- 1 cup cooked shrimp, peeled
- 2 cups shredded cabbage
- 1 carrot, peeled and shredded
- 3 cloves garlic, finely minced
- 2 tsp. fresh grated ginger
- 1 Tbs. oyster sauce
- 1 tsp. fish sauce
- 1 cup bean sprouts
- 2 Tbs. chopped cilantro
- 2 hard-boiled eggs, chopped
- 1 package spring roll or egg roll wrappers

Cooking spray

Cornstarch Slurry

- 1 Tbs. cornstarch (or flour)
- 1/2 cup of cool water

* NOTES

Recipe adapted from *Food Network*.

PREPARATION

Mince chicken breast and shrimp in a food processor until finely chopped. Set aside.

Heat 2 teaspoons vegetable oil over medium-high heat. Cook garlic and ginger until fragrant, about 30 seconds. Add the shredded cabbage and carrot and sauté for 2 minutes. Add the chicken and shrimp, oyster sauce, fish sauce and bean sprouts. Stir until well combined. Remove from the heat and add chopped cilantro and hard-boiled egg.

Preheat oven to 400°F. Prepare the cornstarch slurry by mixing together corn starch and water in a small bowl. Keep close, we are ready to wrap the egg rolls.

Lay an egg roll wrapper on a flat surface at an angle so it looks like a diamond. Spoon 2 tablespoons of the filling near the bottom corner of the wrapper and fold up to enclose the filling. Fold in the 2 sides. Paint the top seam of the wrapper with the cornstarch slurry. Continue rolling up to form a tight cylinder. Transfer to a baking sheet lined with a silicone mat or parchment paper. Repeat with the remaining wrappers and filling.

Spray the rolls lightly with cooking spray. Bake until golden brown and slightly bubbly, about 15-20 minutes.

MAKES 16.

