

Chicken Spring Rolls

Servings: 4

Prep Time: 25min

Cook Time: 20min

Ingredients

- 2 free-range chicken breasts, cut into thin strips
- 1 tsp cinnamon
- ½ tsp salt
- ½ tsp pepper
- 1 tbsp vegetable oil
- 5 drops sesame oil
- 2 cups finely shredded cabbage
- 1 cup Julienne carrots
- 1 clove garlic, finely chopped
- 1 tbsp grated ginger
- ½ cup spring onions, trimmed and chopped
- ½ cup sprouts
- 1 tbsp soy sauce
- 1 tbsp fish sauce
- 8 spring roll wrappers
- 1/3 cup water for sealing spring rolls
- vegetable oil, for deep-frying

Directions

1. Sprinkle cinnamon, salt and pepper over the chicken strips.
2. Heat the oil and sesame oil in a pan and fry the chicken strips for 5-7 minutes or until tender.
3. Place chicken breasts in a bowl. In the same pan, place the cabbage, carrots, garlic and ginger and fry for 5 minutes then add the spring onions, soy sauce and fish sauce, fry for a further minute.
4. Remove from heat and stir in the sprouts and cooked chicken, set aside until cool.
5. Divide the filling into long mounds across the diagonal of the spring roll wrappers leaving enough space at each end of the wrap to fold over the filling to enclose tightly when rolled up.
6. Wet the edges of the wrapper and fold the short ends over the filling.
7. Roll the wrapper from the bottom to enclose the filling completely and tightly. The water will act like glue to seal the edges.
8. Deep fry the Spring Rolls for 5 minutes or until golden brown, and drain on paper towel.

