

EST. 2017

nella phat

VEGAN

# EGG ROLLS

## INGREDIENTS

- ◆ 1/4 head Cabbage
- ◆ 2 cups Bean Sprouts
- ◆ 100 grams Shiitake Mushrooms, sliced
- ◆ 1/4 block Pressed Tofu, crumbled
- ◆ ~8 Deep frying rice wrappers
- ◆ 1/4 cup Onion, diced
- ◆ 2 Tbs Tamari
- ◆ 1 tsp Sesame Oil
- ◆ 1/2 tsp White Pepper
- ◆ 1/2 tsp Salt
- ◆ 1/8 tsp Kelp flakes

↳ Sauce: Tamari, Apple Cider Vinegar, Sriracha\*  
\*Optional for spicy

SERVINGS

8 ROLLS

PREP TIME

25 MIN

COOK TIME

35 MIN

TOTAL TIME

1 HR



In celebration of Chinese New Year I'm making a Chinese recipe every week for the rest of February! This first recipe is a gluten free egg roll. Egg roll wrappers are always made of wheat and of course egg. In this recipe I use Vietnamese spring roll wrappers that are specifically made for deep frying. These are thicker than the fresh spring roll wrappers so they won't fall to pieces when you fry them or get stuck to the pan.

This recipe reminds me of the classic egg roll that you'd get from take-out! These are fried but filled with lots of veggies and protein. Be careful because the wrappers will get sticky after frying. Serve immediately after cooking for best results. I hope you enjoy :)

## DIRECTIONS

- 1) Chop 1/4 head of cabbage into thin shreds
- 2) Slice shiitake mushrooms and dice onion
- 3) In wok or large skillet add tamari, sesame oil, kelp flakes, salt & white pepper.
- 4) Crumble the pressed tofu with your hands into the wok or skillet
- 5) Add cabbage, bean sprouts,

shiitake mushrooms & onion. Stir occasionally until cooked

- 6) Remove from heat and pour contents into a mixing bowl

- 7) In large plate fill with warm water

- 8) Soak each rice wrapper in warm water until soft, for about 1-2 min

- 9) On a flat surface lay the rice paper flat down. Spoon in some

of the veggie mixture onto the bottom portion of the rice paper

- 10) Fold in the sides and then roll tightly from the bottom up over the stuffing until completely rolled

- 11) In a frying pan fill the bottom with 1/4 inch of oil. On medium heat fry all sides of the egg roll. Serve with sauce!