Vegheet Spring Roll

Makes 3 rolls

Ingredients
3 sheets spring roll skin
3 sheets vegheet
¾ cup boiled bean sprouts
¾ cup shredded carrot
¼ cup boiled edamame
200g sautéed minced chicken
small amount starch
small amount water
oil for frying

Essential equipment
Large non-stick frying pan

1. Cut the vegheet a little smaller than the spring roll skin. Place on top of the spring roll skin.
2. Place bean sprouts, shredded carrot, edamame, and minced chicken on top.
3. Roll up the sheets, and seal the end of the roll with water-soluble starch.
4. Shallow fry or deep fry until the skin is crisp with a light golden brown colour.

Adapted from https://cookpad.com/recipe/5565461




TIP Shallow fry for a less oily version. Remember to turn the roll around for an even crispness.
Dip in ponzu for a sweet salty character.

VARIATION Add minced garlic to enhance the flavour.