



## Vegetable Spring Rolls

Thai style spring rolls, also called fresh rolls, are super easy and quick to make! These healthy spring rolls are light and refreshing with an exotic flavor. They make a wonderful, easy appetizer or side dish to complement an Asian meal

### Ingredients:

Spring roll wrappers  
1/2 cup bean sprouts  
1/3 head of green cabbage, chopped  
5 green onions or scallions, chopped  
1 cup thin noodles, pre-cooked (use rice, Chinese or bean thread noodles)  
1/4 cup fresh herbs (use cilantro, basil or mint, your choice)  
1/4 cup carrots, grated or julienned  
1 tsp. olive oil  
1 tbsp. lime juice(optional)  
1 tbsp. soy sauce  
1/2 tsp. fresh ginger  
1 teaspoon sesame seeds  
1/2 tsp. minced garlic  
1/2 tsp. red crushed pepper  
Salt to taste  
2 tablespoons all-purpose flour  
water

### Preparation steps:

Cook the noodles for just a few minutes. Drain.  
Mix the spices, lime juice, soy sauce, and salt in a small bowl.  
Add the olive oil to a wok or large skillet. Set to medium heat.  
Add the spice mixture and the onion or scallions  
Add the other vegetables and noodles to the pan. Cook for only a few minutes. The vegetables should be crispy for this recipe (not tender).

Prepare the spring rolls

- Wrap the wrappers in wet towel until pliable, about 15 seconds.
- Using a microwavable small dish, make a paste of the flour and water to use to seal the edges of the spring rolls. Heat in the microwave for 10-15 seconds.
- Place about 2-3 tablespoons of vegetable mix on wrapper and wrap your spring rolls, folding over the side edges. Seal the end with the paste so the egg roll is totally closed to be fried.
- Pre-heat the oil. Fry spring roll vegetables till golden brown.

Drain on a paper towel.

Serve on a serving plate with dipping sauce and enjoy!

### **Bonus Items**

If you want to watch the video again, click [here](#).