

How to Make Fan Tuan (Ci Fan) | Stuffed Rice Roll

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fan-tuan-recipe>

Ingredients:

- 4 cups sushi rice cooked, or use sticky/short grain/black rice?
- 7 ounces firm tofu drained, pressed, and mashed?
- 1 cup kale chopped Gailan stems or use, or broccoli
- 1 piece wonton skins YouTiao or use fried, croutons, saltine crackers?
- 1/2 cup radish salted preserved dried, or use pickles/relish
- 1/2 cup purple cabbage finely shredded, or use vegetables of choice?
- 1 tablespoon soy sauce or tamari
- dark soy sauce a drizzle of, for color optional?
- toasted sesame seeds ? white and black
- peanuts crushed, optional
- oil for cooking
- salt to taste?
- sugar

Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 163 grams
3. Fat: 16 grams
4. Fiber: 8 grams
5. Protein: 24 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 710 milligrams
8. Sugar: 6 grams

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