

Wintery Spring Rolls

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-lettuce-wrap-recipe-vegetarian>

Ingredients:

- 2 spring onions finely sliced
- 2 spring onions finely sliced, or equiv. red onion / shallots
- 3 tablespoons ginger grated, peeled
- 1/2 teaspoon fine grain sea salt
- 6 tablespoons sunflower oil
- 12 ounces extra firm tofu
- 3 cloves garlic
- 1/2 teaspoon fine grain sea salt
- 4 teaspoons cane sugar natural, or brown sugar
- 2 tablespoons sunflower oil
- 8 ounces mushrooms brushed clean, sliced 1/4-inch thick
- onion Ginger, Paste, above
- tofu
- mushrooms
- lettuce crisp, crunchy, baby gems / romaine
- 1 bunch fresh cilantro or other herbs, well washed / dried
- 12 rice paper wrappers

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 21 grams
3. Fat: 36 grams
4. Fiber: 6 grams
5. Protein: 19 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 690 milligrams
8. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Wintery Spring Rolls above. You can see more 17 chinese lettuce wrap recipe vegetarian Dive into deliciousness! to get more great cooking ideas.