

Chinese Spring Rolls with Chicken

Yield: 50 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/spring-rolls-recipe-indian-chinese>

Ingredients:

- 1 tablespoon soy sauce
- 1 teaspoon rice wine or white wine
- freshly ground black pepper
- 1 teaspoon cornstarch
- 1 pound ground chicken
- 2 tablespoons cooking oil divided
- 2 cloves garlic finely minced
- 1 teaspoon fresh ginger grated
- 1 stalk green onion chopped
- 1/2 head cabbage small, about 8 ounces, shredded
- 2 carrots thin julienne cut
- 2 tablespoons oyster sauce
- 1 tablespoon cornstarch
- 1/4 cup water
- 50 spring roll wrappers defrosted
- oil for deep frying, about 1/2 liter to 1 liter

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 10 milligrams
4. Fat: 2.5 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. Sodium: 230 milligrams

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