

Vietnamese Fried Spring Rolls

Yield: 20 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-fried-prawn-spring-roll-recipe>

Ingredients:

- 20 rice paper wrappers x 22cm diameter dried
- 1 tablespoon sugar
- vegetable oil for deep frying
- lettuce leaves to serve
- mint leaves to serve
- 5/8 cup glass noodles 2.8 oz ,dried
- 7 ounces prawns 7 oz ,peeled, deveined and finely chopped
- 9/16 pound pork mince 9 oz
- 3 shallots Asian, finely chopped
- 1 egg
- 1 1/2 tablespoons fish sauce
- 1 teaspoon sugar
- 1 teaspoon ground white pepper
- 1 teaspoon sea salt
- 3 tablespoons fish sauce
- 2 tablespoons white vinegar
- 3 tablespoons sugar
- 2 tablespoons lime juice
- 1 red chilli long, finely chopped
- 2 garlic cloves finely chopped

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 30 milligrams
4. Fat: 2.5 grams
5. Protein: 6 grams
6. Sodium: 460 milligrams
7. Sugar: 3 grams

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