

# Chicken Spring Roll

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-rice-paper-roll-recipe>

## Ingredients:

- 400 grams boneless chicken boiled and shredded
- 2 cups cabbage shredded
- 1 bunch spring onions greens and whites, finely and separately chopped
- 1 cup carrot finely chopped
- 1 cup green pepper capsicum, finely chopped
- 2 tablespoons celery sticks finely chopped, optional
- 1 tablespoon soy sauce
- 1 tablespoon chili sauce
- 1/2 teaspoon green chilies chopped
- 1 tablespoon garlic finely chopped
- 3 tablespoons sesame oil
- salt
- pepper
- spring roll wrappers as required
- cornflour and water to make a slurry
- oil for deep frying
- chicken
- roll

## Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 310 milligrams
4. Fat: 36 grams
5. Fiber: 5 grams
6. Protein: 100 grams
7. SaturatedFat: 9 grams
8. Sodium: 910 milligrams
9. Sugar: 4 grams

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