

My Favorite Crispy Chicken Spring Rolls: A Perfect Appetizer

(Makes about 12-15 spring rolls)



OVEN
350°F

TIME
1-2 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 cup boiled and shredded chicken
1/2 cup cabbage, finely shredded
1/2 cup carrots, julienned
1/4 cup capsicum (bell pepper), thinly sliced
1 small onion, sliced
2 teaspoons garlic, finely chopped
2 teaspoons soy sauce
1 teaspoon vinegar
1 teaspoon black pepper
1/2 teaspoon red chili flakes (optional)
Salt to taste
Spring roll sheets (find these in the frozen section of most grocery stores)
2 tablespoons all-purpose flour (maida)
2 tablespoons water (to make sealing paste)
Oil for deep frying

DIRECTIONS

1. Prepare the : Filling: In a large skillet or wok, heat a tablespoon of oil over medium-high heat. Add the finely chopped garlic and sliced onion and sauté for 1-2 minutes until fragrant. Add the shredded cabbage, julienned carrots, and sliced capsicum. Stir-fry for about 3-4 minutes until the vegetables are tender-crisp.
2. Season the : Filling: Add the shredded chicken, soy sauce, vinegar, black pepper, and optional red chili flakes to the skillet. Stir everything together and cook for another minute to allow the flavors to meld. Remove the filling from the heat and let it cool completely. This is a very important step-warm filling will make your wrappers soggy and prone to tearing.
3. Assemble the : Rolls: Prepare the sealing paste by mixing the flour and water together in a small bowl. Lay a spring roll sheet on a clean, flat surface with one corner pointing towards you (like a diamond). Place a spoonful of the cooled filling onto the bottom corner.
4. Roll and : Seal: Fold the bottom corner over the filling and roll it up tightly once. Fold the side corners inward towards the center. Continue rolling the spring roll up tightly until you reach the top. Dab a little of the flour-water paste on the top corner and seal the roll completely. Repeat with the remaining spring roll sheets and filling.
5. Fry the : Rolls: Heat about 2-3 inches of oil in a deep pot or wok to about 350°F (175°C). Carefully place the spring rolls, a few at a time, into the hot oil. Don't overcrowd the pot. Fry for 2-3 minutes per side, or until they are golden brown and crispy.

6. Drain and Serve: Use a slotted spoon to remove the spring rolls from the oil and place them on a plate lined with paper towels to drain any excess oil. Serve them immediately while they are still hot and crispy.

SWAPS & NOTES

Chicken: You can use a rotisserie chicken to save a ton of time on this recipe.

Just shred the meat and you're good to go.

You can also use other proteins like ground pork or shrimp.

Vegetables: This is a great recipe for using up leftover vegetables.

TIPS FOR SUCCESS

Cool the Filling: As mentioned, this is crucial.

A hot or even warm filling will steam the wrapper and cause it to tear.

Keep Wrappers Moist: As you're rolling, keep the remaining spring roll sheets covered with a damp cloth to prevent them from drying out.

Roll Tightly: A tight roll ensures the filling stays in place and the spring roll keeps its shape during frying.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/my-favorite-crispy-chicken-spring-rolls-a-perfect-appetizer/>