

Southwestern Chicken Egg Rolls Recipe: The Crunchy Appetizer Everyone Asks For

Southwestern Chicken & Cheese Egg Rolls: The Crispy, Cheesy Appetizer That Feeds a Crowd



OVEN
350°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

Swaps and Notes:

Protein Swap: Ground beef or turkey seasoned with taco spices can easily replace the chicken. You can also make these vegetarian by adding an extra cup of black beans and corn.

Cheese: While Monterey Jack melts beautifully, a blend of Colby Jack or even a Mexican-style shredded blend is excellent. For an extra kick, try Pepper Jack.

Heat: If you don't like spice, omit the jalapeño. If you want more heat, leave some of the seeds in the jalapeño or add a dash of cayenne pepper.

Greens: Kale or finely chopped cabbage can be used instead of spinach.

Equipment:

Large Mixing Bowl

Baking sheet (for freezing)

Step-by-Step Directions:

Step 1: Prepare the Filling:

Step 2: Season and Mix:

Step 3: Add the Cheese:

Step 4: Wrap the Rolls:

Place an egg roll wrapper on a clean surface so one of the points is facing directly toward you (like a diamond).

Place 2-3 TBS of the filling in the middle of the wrapper, just below the center.

Fold the bottom corner (the one facing you) up and over the filling, tucking it in tightly.

Fold in the two side corners. The roll should now look like an open envelope.

Continue rolling the wrapper upwards until you reach the top corner.

Moisten the edges of the top corner with water using your finger to seal the roll tightly.

Step 5: Freeze (Recommended):

Step 6: Cook:

Deep Frying: Heat oil to 350°F (175°C). Fry the rolls in batches for about 5-7 minutes, turning occasionally, until they are golden brown and crispy.

Air Fryer: Cook at 375°F (190°C) for 8-10 minutes, flipping halfway through, until golden brown.

Baking: Brush the rolls lightly with oil or cooking spray and bake at 400°F (200°C) for 15-20 minutes, flipping halfway, until golden brown.

Tips for Success:

Prevent Soggy Rolls: Make sure all your wet ingredients (corn, black beans) are well-drained. Too much moisture will make the rolls steam instead of crisp up.

Don't Overfill: This is the most common mistake. Stick to 2-3 tablespoons of filling. Overfilled rolls are hard to seal and tend to burst during cooking.

Seal Tightly: A tight seal is crucial. Use a little water to create a paste-like effect and press the edges firmly.

Batch Cooking: Once frozen, transfer the rolls to a large freezer bag. They will keep well for up to 3 months and cook easily from frozen, just adding a few minutes to the cook time.

Serving Suggestions and Pairings:

Creamy Dip: Sour cream or a ranch dressing mixed with a squeeze of lime.

Spicy Dip: A homemade chipotle mayonnaise or a hot pepper jelly.

Classic Dip: Guacamole or a fresh, chunky salsa.

Nutritional Information (Per Roll):

Kcal: 220 kcal

DIRECTIONS

1. **Step 1: Prepare the Filling:** In a large mixing bowl, combine the 2 cups of cooked chicken, 1 cup of corn, 1 cup of black beans, 1 cup of chopped spinach, 1 cup of diced red bell pepper, and 1/4 cup of diced jalapeño.
2. **Step 2: Season and Mix:** Add the seasonings: 1/2 TBS cumin, 1/2 TBS chili powder, 1 tsp salt, and 1/4 tsp black pepper. Mix thoroughly until all the ingredients are evenly coated.
3. **Step 3: Add the Cheese:** Stir in the 2 cups of shredded Monterey Jack cheese. The cheese helps bind the filling together and provides that rich, gooey texture when cooked.
4. **Step 4: Wrap the Rolls:** Place an egg roll wrapper on a clean surface so one of the points is facing directly toward you (like a diamond).
5. Place 2-3 TBS of the filling in the middle of the wrapper, just below the center.
6. Fold the bottom corner (the one facing you) up and over the filling, tucking it in tightly.
7. Fold in the two side corners. The roll should now look like an open envelope.
8. Continue rolling the wrapper upwards until you reach the top corner.
9. Moisten the edges of the top corner with water using your finger to seal the roll tightly.
10. **Step 5: Freeze (Recommended):** Repeat the wrapping process with the remaining filling. Place the finished rolls on a baking sheet. Freeze the rolls for at least 30 minutes, or until they are solid. Freezing them helps the wrappers hold their shape and prevents blow-outs during cooking.

11. Step 6: Cook: Deep Frying: Heat oil to 350°F (175°C). Fry the rolls in batches for about 5-7 minutes, turning occasionally, until they are golden brown and crispy.
12. Air : Fryer: Cook at 375°F (190°C) for 8-10 minutes, flipping halfway through, until golden brown.
13. Baking: Brush the rolls lightly with oil or cooking spray and bake at 400°F (200°C) for 15-20 minutes, flipping halfway, until golden brown.
14. Tips for Success: Prevent Soggy Rolls: Make sure all your wet ingredients (corn, black beans) are well-drained. Too much moisture will make the rolls steam instead of crisp up.
15. Don't : Overfill: This is the most common mistake. Stick to 2-3 tablespoons of filling. Overfilled rolls are hard to seal and tend to burst during cooking.
16. Seal : Tightly: A tight seal is crucial. Use a little water to create a paste-like effect and press the edges firmly.
17. Batch : Cooking: Once frozen, transfer the rolls to a large freezer bag. They will keep well for up to 3 months and cook easily from frozen, just adding a few minutes to the cook time.
18. Serving Suggestions and Pairings: These egg rolls are delicious on their own, but a good dipping sauce takes them to the next level. I recommend:
19. Creamy : Dip: Sour cream or a ranch dressing mixed with a squeeze of lime.
20. Spicy : Dip: A homemade chipotle mayonnaise or a hot pepper jelly.
21. Classic : Dip: Guacamole or a fresh, chunky salsa.
22. For a full : Southwestern-themed meal, pair these appetizers with a hearty Mexican Chicken and Rice Casserole or a batch of my easy Sheet Pan Quesadillas.
23. Nutritional Information (Per Roll): Kcal: 220 kcal
24. Servings: 20 rolls
25. Prep : Time: 20 minutes

SWAPS & NOTES

Protein Cooked chicken (shredded or chopped) 2 cups Rotisserie chicken is a great shortcut!

Vegetables Corn (drained and rinsed) 1 cup Canned or frozen (thawed) works well.

Black beans (drained and rinsed) 1 cup Ensure they are well-rinsed to remove excess salt.

Spinach (chopped) 1 cup Adds color and a nutritional boost.

TIPS FOR SUCCESS

Prevent Soggy Rolls: Make sure all your wet ingredients (corn, black beans) are well-drained.

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Don't Overfill: This is the most common mistake.

Stick to 2-3 tablespoons of filling.

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Original recipe: <https://chefmaniac.com/southwestern-chicken-egg-rolls-recipe-the-crunchy-appetizer-everyone-asks-for/>