

# Vegetable Egg Rolls



## Ingredients

- 6 egg roll wrappers
- 3 cups shredded cabbage
- ¼ cup shredded carrot
- 1 ½ tsp sesame oil
- 2 tsp ginger
- 1 tsp minced garlic
- 1 tsp soy sauce
- ¼ tsp black pepper
- 2 green onions, sliced
- olive oil
- 1 egg for egg wash

## Utensils

- Measuring cups and spoons
- Spatula
- Frying pan
- Air fryer or baking sheet lined with foil
- Small bowl
- Cooking spray



# Recipe Instructions

## Step 1: Preheat and Prep

Preheat frying pan with oil over medium heat.

Shred cabbage and carrot and mince garlic.

Crack and whisk egg for egg wash.

## Step 2: Sauté

Add sesame oil, ginger, garlic, cabbage, and shredded carrot.

Cook for about 2-3 minutes until the cabbage has wilted and becomes tender.

Add green onions, soy sauce, black pepper and stir.

## Step 3: Assemble

Once all ingredients have been combined you may remove pan from heat.

Lay out all your egg roll wrappers and place the filling in the middle. Try to make them as even as possible.

## Step 4: Wrap

Start by taking one corner and folding it on top of the filling. Then take the corner on the right and the corner on the left and fold those inward over the filling. Then roll everything up together like you're rolling up a sleeping bag.

## Step 5: Air Fry or Bake

Before you wrap it all the way, put a little egg wash on the final corner which will help seal the whole thing up. Brush entire egg roll in egg wash.

Place in your air fryer at 350° for 10 minutes. Flip halfway through.

## Step 6: Finish and Enjoy!

If baking, place egg rolls on lined baking sheet. Bake at 325° for 12 minutes, flip, and bake another 8-12 minutes.

Remove from heat, let cool, and enjoy with your favorite Asian dipping sauce!!



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## Kitchen Safety Tips:

Always use an oven mitt!

Try using tongs when working with an air fryer to grab your food so you do not burn your hands.