

Vegetable & Mushroom Spring Roll

INGREDIENTS

- 12 pieces flour spring roll/lumpia wrappers mine were 8.5" squares, thawed into room temperature
- Thai [sweet chili sauce](#) or other dipping sauce
- [Neutral oil](#) for frying



Veggie Filling

- 2 tbsp [neutral oil](#)
- 1/2 red onion diced
- 2 cloves garlic minced
- 5 cups 500g shredded cabbage I used a mix of purple and regular cabbage
- 1 cup (120g) shredded carrots
- 1 (100g) medium bell pepper, thinly sliced
- 100 g fresh oyster mushrooms or other mushrooms of choice you can also sub with other mushrooms or used canned/rehydrated mushrooms, chopped into small pieces
- 1 tsp [salt](#) or to taste
- 1 tbsp [soy sauce](#) or to taste
- 1/2 tbsp [sesame seeds](#)

INSTRUCTIONS

Preparing the Filling

1. Heat a large pan over medium high heat. Once hot, add in oil then sauté the onion and garlic. When cooked, add in the vegetables.
2. Add a splash of water to cook down the carrots. Once the vegetables are tender, add in the chopped mushrooms. Mix well and cook for another 3-4 minutes

over medium heat until cooked through and water from the vegetables and mushrooms have evaporated.

3. Season with the soy sauce and salt.
4. Add in the sesame seeds. Taste the filling and feel free to adjust the seasoning according to your desired flavours.
5. Set the filling aside and leave to cool.

Wrapping the Spring Rolls

1. Prepare the wrappers by carefully separating them from one another. Prepare a small bowl of room temperature water as well.
2. See video here on how to wrap spring rolls.
3. Add in 2 tbsp* of the filling on the bottom of the wrapper. Slowly roll to the top then fold the sides before continuing to roll to the top and sealing the edge with water. You can refer to the video below for a better idea on how to wrap these spring rolls.
4. *Note: the amount of filling to place in each will depend on the size of your wrappers

Cooking the Spring Rolls

1. Heat a deep frying pan with oil enough to submerge the spring rolls. Once hot, place a few rolls. Cook over medium heat. Flip after a few minutes to cook the other side. Once both sides are golden brown, remove from the oil. Leave on a strainer or on a plate lined with some paper towels to drain any excess oil.
2. Let cool for a few minutes and slice into half, if desired. Enjoy while hot and dip in your favourite dipping sauce! I love mine with some bottled Thai sweet chili sauce.

Baking Options

1. You can also bake the flour wrapper spring rolls by brushing the rolls with some oil before placing them on a lined baking tray and baking them in the oven for 40 minutes at 400F, flipping halfway through. They will of course not turn as evenly golden brown and juicy, but still very crispy!