

CHICKEN SPRING ROLLS

Diary
of a
PMP
Mom.

Snacks

Makes 24 rolls.



Ingredients

- 2-3 tbsp Oil
- 500 gm Chicken (boiled and shredded)
- 2- 3 cloves Garlic (chopped)
- 3 tbsp Spring Onions (julienned)
- 2 cup Cabbage (julienned)
- 1 cup Carrots (julienned)
- 1 cup Capsicum (julienned)
- 1 -2 tsp Black Pepper Powder
- 1-2 tbsp Soy Sauce
- 1/2 tsp salt (or to taste)
- 1 packet of Spring Roll sheets
- 1 tsp Flour (Maida)

- 1 In a wok, fry garlic cloves for a few minutes and then add Spring Onions and sauté for a few mins
- 2 Add chicken and season it with salt, pepper and soy sauce.
- 3 Add cabbage, carrots and capsicum
- 4 Sauté it for a few minutes, until the filling is done.
- 5 Make a paste of flour with water to use as a glue to close the spring rolls
- 6 Assemble the spring rolls.
- 7 Deep fry/ Air fry till golden brown and serve.

A family favourite at the Iftar table – Chicken Spring Rolls