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Air Fryer Spring Rolls

Ingredients - For the filling

2 cups napa cabbage finely shredded
2 cups bean sprouts
1 cup shredded carrots
1 cup finely chopped mushrooms
1/2 cup finely sliced green onion
1 tablespoon cornstarch mixed with 1 tablespoon water
1 tablespoon maple syrup

For preparing:

12 spring roll wrappers
1 tablespoon cornstarch mixed with 1 tablespoon water

Instructions

1. Heat a large non-stick pan over medium heat, add the napa cabbage, bean sprouts, shredded carrot, and mushrooms. Stir constantly until the vegetables begin to soften, about 2-3 minutes, adding a tablespoon of water if needed to prevent sticking.
2. Add green onion, cornstarch mixture, and maple syrup. Stir and cook for another 1-2 minutes. The vegetables should be cooked down, while still having a slight crunch. Remove the vegetable mixture from the heat and set aside.
3. Lay out a single spring roll wrapper, oriented in a diamond shape with a corner facing you. Brush some of the cornstarch slurry mixture along the top half of the wrapper.
4. Scoop about 3 tablespoons of the filling into the center of the wrapper. Do not overfill! Fold the lower third of the wrapper over the filling, then fold in both the left and right corners in, it should resemble an envelope at this point. Place on an air fryer tray or basket and cover with a damp towel to prevent the wrapper from drying out. Make sure the spring rolls are not touching.
5. Continue to roll it from the bottom, up. Press gently along the seam to seal, brushing on more of the cornstarch mixture if needed. Repeat until the filling is gone.
6. Preheat air fryer to 400 degrees Fahrenheit.
7. Depending on the size of your air fryer you may need to cook these in batches. Just make sure those that are not in the oven remain covered with a damp towel.
8. Air fry for 12-15 minutes, be careful as you flip them halfway through the cooking time.



