Vegetable spring rolls

Recipe by V-ZUG Ltd.

Preparation	45 Mins
Cooking time	15 Mins
Piece	8
Appliance	CombiSteamer V4000 45 from 2021

Crispy spring rolls with fresh vegetables straight out of the oven. An Asian classic served as a starter, as a snack or together with a salad as a main course.

Filling

Some sesame oil

150 g carrots, cut into thin strips

6 shiitake mushrooms, cut into thin slices

1 clove of garlic, finely grated

1 cm ginger, finely grated

200 g Chinese cabbage, cut into thin strips

100 g mung bean sprouts

1 spring onion, cut into thin strips

50 ml water

2 tbsp soy sauce

1 tbsp mirin (sweetened sake or rice wine)

Some salt

Some cayenne pepper

Forming

1 tbsp water

1 tsp cornflour

8 spring roll sheets (each about 21 × 21 cm)

A little sesame oil

Filling

Heat the sesame oil in a wok. Stir-fry the carrots, mushrooms, garlic and ginger for about 3 minutes. Add the Chinese cabbage, bean sprouts and spring onion and stir-fry briefly. Add the water and continue frying, stirring occasionally, until the water has evaporated. Add the soy sauce and mirin, season with salt and cayenne pepper to taste, allow to cool.

Forming and baking

Preheat the cooking space to 220 °C using the hot air with steaming mode. Mix the cornflour and water together. Place a spring roll sheet on the work surface, one corner facing down. Spread about 3 tbsp of filling over the bottom third of the sheet. Fold the bottom tip of the sheet over the filling and press down lightly. Fold the side corners towards the centre to create a straight edge and roll up tightly from the bottom. Brush the end with the cornflour and water mix and seal the spring roll. Repeat the process with the remaining spring roll sheets and filling. Place the spring rolls, seam-side down, on a lined baking tray. Brush the spring rolls with a little sesame oil. Put the baking tray into the preheated cooking space and bake for about 15 minutes until crispy.

(Pre-)heat cooking space to 220 °C with Hot air + steaming

Put the food in

Hot air + steaming 220 °C for 15 Mins

Tips

Serve with sweet chilli sauce.

Accessories

Baking tray

Additional information

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