

HOMEMADE CHICKEN EGG ROLLS

Ingredients:

- 1 Pack of egg roll wrappers (typically 24 in a pack)
- Amino Acids (aka soy sauce)
- 1 Tablespoon Ginger minced
- 3 garlic cloves minced
- 2 Cups shredded chicken
- One small cabbage finely chopped
- 3 Carrots peeled and shredded
- 1-2 Cups sprouts



Directions:

1. Heat up 1 to 2 tablespoons lard/olive oil and toss in all the ingredients above stirring constantly to help cook down. Allow to cool before assembling rolls.
2. Assemble your rolls by placing 2-3 tablespoons per wrapper and wrap according to directions.
3. Air Fryer: Preheat at 400 degrees F and place rolls in airfryer and spray with vegetable spray and cook for approx. 10 minutes.
4. Deep Fry: Heat up your deep fryer according to 400 degrees F and fry until done.
5. Oven: Preheat oven to 425 degrees F and bake for 15-20 minutes.
6. Allow to cool and enjoy!

