



Crispy Spring Rolls with Spicy Tofu, Vegetables, and Toasted Nuts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 head boston lettuce washed and separated
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup carrots diced finely
- ☐ 2 teaspoons ginger fresh minced
- ☐ 2 garlic clove minced
- ☐ 2 spring onion minced
- ☐ 3 ounces oyster mushrooms fresh finely chopped

- ☐ 12 8-inch you will also need: parchment paper dried (see note)
- ☐ 1 teaspoon sesame oil
- ☐ 12 servings soya sauce for serving
- ☐ 2 tablespoons tamari sauce
- ☐ 8 ounce spicy tofu cut into 1/2-inch cubes
- ☐ 0.8 cup walnuts toasted coarsely chopped for garnish
- ☐ 0.5 cup water chestnuts diced finely

Equipment

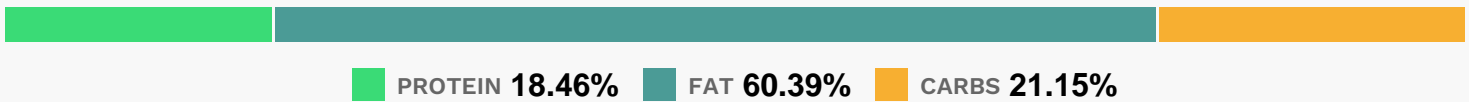
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ wok
- ☐ spatula
- ☐ tongs

Directions

- ☐ Heat a wok or nonstick skillet over medium heat.
- ☐ Add the olive oil and swirl to coat.
- ☐ Add the ginger and garlic and stir-fry until fragrant, about 30 seconds.
- ☐ Add the tofu and mushrooms and stir-fry for 2 minutes.
- ☐ Add the carrot and water chestnuts and stir-fry until heated through, about 30 seconds.
- ☐ Add the tamari sauce. Cook, stirring occasionally, until the vegetables are heated through, about 2 minutes. Stir in the nuts, green onions, and sesame oil and toss to combine.
- ☐ Remove from the heat.
- ☐ Fill a medium bowl with warm water. Dip one of the wrappers in the water for 15 seconds, or until softened. Carefully transfer to a dry work surface.

- ☐ Arrange 2 to 3 tablespoons of the filling in an even horizontal mound just below the center of the wrapper.
- ☐ Roll up the rice paper to form a tight cylinder, folding in the sides about halfway. Assemble the remaining spring rolls in the same manner. Cover the finished rolls with a damp cloth to prevent them from drying out.
- ☐ Preheat the broiler. Lightly coat a large nonstick baking sheet with cooking spray. Arrange the spring rolls in a single layer on the baking sheet, leaving a little space between them. Lightly coat the rolls with cooking spray.
- ☐ Broil the rolls until lightly browned and crisp, 10 to 13 minutes. Using tongs or a spatula, turn the rolls over and continue to broil for another 8 to 10 minutes.
- ☐ Serve each roll wrapped in a lettuce leaf garnished with nuts, and accompanied by the Lime-Soy-Ginger Sauce.
- ☐ rice paper wrappers
- ☐ These round or triangular translucent sheets made from rice flour are widely used in Vietnamese and Thai cooking. To use, dip a wrapper in warm water for a few seconds; the delicate sheets become soft and pliable. Once the package is opened, store the wrappers in airtight plastic bags. If stored in a cool, dry place, they will last a couple of months. You can find them at most Asian markets and specialty stores.
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Nutrition Facts



Properties

Glycemic Index:15.74, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:7.0008695579093%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 118.07kcal (5.9%), Fat: 8.39g (12.91%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 4.88g (1.78%), Sugar: 1.48g (1.65%), Cholesterol: 0.09mg (0.03%), Sodium: 1186.9mg (51.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.54%), Vitamin A: 1365.86IU (27.32%), Manganese: 0.43mg (21.41%), Vitamin K: 20.68µg (19.7%), Copper: 0.19mg (9.33%), Iron: 1.42mg (7.89%), Vitamin B3: 1.49mg (7.44%), Phosphorus: 72.71mg (7.27%), Vitamin B6: 0.14mg (6.96%), Fiber: 1.73g (6.9%), Folate: 27.61µg (6.9%), Magnesium: 25.26mg (6.31%), Potassium: 182.99mg (5.23%), Vitamin B2: 0.09mg (5.22%), Calcium: 45.15mg (4.52%), Vitamin B1: 0.07mg (4.43%), Vitamin E: 0.61mg (4.06%), Zinc: 0.49mg (3.25%), Vitamin B5: 0.27mg (2.74%), Vitamin C: 1.65mg (2%), Selenium: 1.27µg (1.81%)