

With Six (ingredients) You Get Eggroll



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OK – it's eight ingredients if you count the wrappers, but that didn't fit the title. (For all the young folks, there was a classic movie in 1968 with that title).

But, going with the lazy theme, I don't like a page of ingredients when I cook – simple, simple simple – and these egg rolls are simple, not fried and taste great! They work for a snack or, as we did, a healthy, light meal.

What you need:

- $\frac{1}{4}$ pound of ground pork
- 1 teaspoon fresh grated ginger
- 1 teaspoon soy sauce
- 1 cup coleslaw mix (cabbage, carrots)
- 1 cup mung bean sprouts

- 3 green onions coarsely chopped (see photo)
- 1 Tablespoon toasted sesame oil
- 8 egg roll wrappers

Dipping suggestions:

- Soy sauce with Chinese hot mustard (what we used)
- ketchup with Chinese hot mustard
- plum sauce
- soy sauce with hot chili oil

How to Do it:

Preheat the oven to 350 degrees.

Process the pork, ginger and soy sauce in a food processor until it is well mixed and the meat has a smooth texture.



Cook until the meat is no longer pink. Remove from heat and set aside.



Gently mix the cabbage, bean sprouts and green onions so they are evenly mixed. Very lightly saute in 1 teaspoon of the sesame oil.



Spread the wrappers out on a cutting board and brush the ends lightly with water. Put 1/8 of the meat mixture on center of

each.



Put 1/8 of the vegetable mixture on top of that. Fold back each end and then carefully roll.



Brush each egg roll lightly with sesame oil. Place oiled side down on a cookie sheet, then brush the other side (so both sides are oiled).



Bake for 10 minutes, then turn and bake for another 10 to 15 minutes. They should be lightly browned and crispy and heated through.

Serve with your choice of dipping sauce –



Serves 4

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Below are some of the items we used to create this recipe!

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