



Chicken Egg Roll

Description

INGREDIENTS

- 1 pound skinless, boneless chicken breast, minced very finely
- 2 cloves garlic, pressed through a garlic press
- Salt
- Black pepper
- Peanut or avocado oil, plus more for frying
- 2 cups fresh, baby spinach leaves, chopped
- 1 tablespoon chopped, flat-leaf parsley
- 1 tablespoon chopped cilantro
- ¼ cup grated parmesan cheese
- Pinch red pepper flakes
- 1 tablespoon cornstarch
- 3 tablespoons water
- 10 egg roll skins (8 x 8-inch size), cut in half on the bias to create 20 triangles
- 1 ¼ cup grated gouda cheese

DIRECTIONS

1. To begin, prepare the red pepper salsa: place all ingredients up to and including the cilantro into the bowl of a food processor, add in a couple of good pinches of salt, process until smooth, then check to see if any additional salt is needed. Keep cold, or serve at room temp.
2. To prepare your filling, add your minced chicken to a medium-size bowl, and to it add the 2 garlic cloves and a couple of good pinches of salt and black pepper, then toss these ingredients together until well coated.
3. Place a large non-stick skillet over medium-high heat, and drizzle in a little of the oil; once the pan is hot, add in the chicken and saute until cooked through, about 2-3 minutes. Using a slotted spoon, scoop the chicken out of the pan, leaving the juices behind, and spoon into a paper towel-lined plate or bowl to cool completely.

4. Once the minced chicken has completely cooled, add it to a large bowl; then, add in the chopped spinach, parsley, cilantro, parmesan and the pinch of red pepper flakes, plus a tiny drizzle of oil, and mix to combine well. Taste to check if any additional salt or pepper is needed.
5. Line a large baking sheet with parchment paper, and set it nearby.
6. Whisk together the cornstarch and the water to create a slurry, as you will use this to seal your egg rolls closed, and set this aside.
7. To roll your egg rolls, take a triangle (half of an egg roll skin) and place it in front of you with the point facing upward; add 2 tablespoons of your chicken filling into the center along the bottom part of your triangle, and shape it into a log shape. Sprinkle about a teaspoon or so of the gouda cheese over that.
8. Next, fold the bottom left corner toward the center, then the right corner, making what looks like a little envelope; next, roll upwards as tightly as you can, and tuck as you go (try not to leave any air gaps or bubbles,); then, dab the top corner with a little cornstarch slurry and seal.
9. Place the egg rolls on the parchment-lined baking sheet, keeping them covered with a piece of plastic wrap so they don't dry out, and repeat until all are rolled.
10. Heat about 3 cups of the oil in a small pot or saucepan, and bring up to 360°; then, carefully add about 3 egg rolls at a time to the hot oil, and fry for about 4 minutes. Drain on a wire rack to maintain crispness.
11. Serve the chicken egg rolls nice and hot, with the red pepper salsa on the side for dipping.

Enjoy !!

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