

Pritong Lumpiang Gulay (Fried Vegetable Spring Roll)

I normally eat this with steamed rice or as is.

Garlic

Onion

Sweet Potato or Orange Yam

Bean sprouts

Tofu (optional)

Carrots

Cabbage

Spring roll pastry (wrap)

garlic powder

cooking oil (for deep frying)

Salt + Pepper

Soy sauce

honey

egg (for sealing the spring roll)

1.) Mince garlic and onion, cut (matchstick sized) sweet potato, carrots and cabbage. Tofu can be sliced into small cubes.

2.) Sauté garlic and onion, once the garlic is golden brown add all the hard vegetables (carrots, sweet potato), followed by cabbage and beansprouts then tofu. Stir fry until all veggies are somewhat cooked but not too soft.

3.) Season with garlic powder, soy sauce, salt + pepper, and a dash of honey to balance everything.

4.) Transfer the cooked veggies onto a strainer to remove excess juice. Let it cool until you can handle the veggies for rolling.

you can save the veggie dripping juice for stir fries or marinade or additional broth magic

5.) Place your spring roll pastry in a diamond orientation. Scoop some filling to fill the bottom center of the wrap. Roll it up tight up to the center. Fold the left ear followed by the right. Complete the roll up to the tip. Make sure to add a bit of egg wash on the upper tip to fully seal the spring roll.

6.) Deep fry until golden brown!

Sawsawan (Dipping Sauce)

This is our family recipe for anything fried or grilled especially with spring rolls.

Garlic

Onion

Salt + Pepper

Vinegar

Soy sauce

Honey

Chili flakes (optional)

1.) Crush garlic add diced onion. Equal parts vinegar and soy sauce, add honey and salt + pepper to balance.

Diagram for spring roll composition

