



Easy Spring Rolls Air Fried

Jacob · 30/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

55 mins

Description

This is a simple recipe for air fryer spring rolls. They're easy to cook with this method but you could cook them in the oven also. I like to serve them with sweet chile sauce.

Ingredients

- 2 ounces dried rice noodles - 1 tablespoon sesame oil - 7 ounces ground beef - 1 cup frozen mixed vegetables - 1 small onion
- diced - 3 cloves garlic
- crushed - 1 teaspoon soy sauce - 1 (16 ounce) package egg roll wrappers - 1 tablespoon vegetable oil
- or to taste

Instructions

1. Soak noodles in a bowl of hot water until soft
2. about 5 minutes. Cut noodles into shorter strands. Heat sesame oil in a wok over medium-high heat. Add ground beef
3. mixed vegetables
4. onion
5. and garlic. Cook until beef is almost browned throughout
6. about 6 minutes. Remove from heat. Stir in noodles; let stand until juices have been absorbed. Add soy sauce to the filling. Preheat the air fryer to 350 degrees F (175 degrees C). Lay out 1 egg roll wrapper onto a flat work surface; place a diagonal strip of filling across the wrapper. Fold the top corner over the filling; fold in the two side corners; brush center with cold water and roll spring roll over to seal. Repeat with the remaining wrappers and filling. Brush the tops of the spring rolls with vegetable oil. Arrange a batch of spring rolls into the basket of the air fryer; cook until crisped and lightly browned
7. about 8 minutes. Repeat until all are cooked. Recipe Tips You can use any variety of Asian noodles
8. and you can use fresh mixed vegetables instead of frozen. If you cook the spring rolls without brushing them with oil
9. they will be fine
10. but the oil helps to give them a more familiar
11. traditional
12. crispy taste. To bake these instead
13. preheat the oven to 350 degrees F (175 degrees C). Place the spring rolls onto a baking sheet. Bake in the preheated oven for 12 minutes
14. flipping halfway through.