

Popiah (Fresh Spring Rolls)

Serves: 10 (makes 20 rolls)

Prep time: 15 minutes

Cook time: 30 minutes



1 ½ serves per portion

Ingredients

2 teaspoons sesame oil

Black pepper

4 eggs, lightly beaten

1 ½ tablespoons peanut oil

2 garlic cloves, crushed

1 large carrot, grated

5 cups Chinese cabbage, shredded

227g can water chestnuts, drained, thinly sliced

2 tablespoons soy sauce, reduced salt

20 frozen spring roll wrappers, thawed

Kecap manis (sweet soy sauce)

Sriracha (chilli sauce) *(optional)*

8 lettuce leaves



Everyday Food

200g bean sprouts

1 large cucumber, grated

Roasted unsalted peanuts, to serve

Crispy fried shallots, to serve

Method

ADD sesame oil and pepper to eggs and mix well to combine.

PREHEAT a pan over medium heat. When hot, add a teaspoon of peanut oil.

POUR half of the egg mixture into the pan and swirl to coat. When underside is cooked, flip omelette and leave on heat until cooked through. Remove from pan and repeat with the remaining half of the egg mixture. Roll each omelette into a cigar and slice thinly. Set aside.

WIPE pan clean and return to heat. When hot, add a tablespoon of peanut oil and fry garlic for 1-2 minutes until fragrant.

ADD grated carrot and cabbage and cook for 2-3 minutes until soft. Add water chestnuts and soy sauce and cook for a further 2 minutes. Remove from heat and set aside.

PREPARE lettuce by cutting leaves into small strips, roughly 10x4cm in size.

CAREFULLY peel off one spring roll wrapper and place in a diamond position on a plate or board. Cover the remaining wrappers in a damp cloth to prevent from drying out.

DRIZZLE kecap manis and sriracha over the centre of the wrapper and spread evenly with the back of a spoon, leaving a 2cm gap around the edges.

PLACE a piece of lettuce on the wrapper near the base of the diamond. Top with a few bean sprouts and a sprinkle of grated cucumber.

ADD two tablespoons of cooked filling on top of fresh ingredients. Top with a few slices of egg and a sprinkle of peanuts and crispy shallots. Roll the wrapper up halfway, fold sides in and then finish rolling.

REPEAT with remaining spring rolls then cut each roll into four pieces to serve.

Recipe courtesy of the Country Kitchens team

How to Roll Popiah

