



Temple Beth El

AIR FRIED WONTONS

By Mandi Warner

INGREDIENTS:

MINCED GINGER 1 TSP
RAINBOW SLAW MIX 4 1/2 CUPS
RED BELL PEPPER 1 DICED
SHREDDED CARROTS 1/2 CUP
SCALLIONS 3 MEDIUM
SOY SAUCE (LOW SODIUM) 3 TBS
WATER CHESTNUTS 1 SMALL CAN
**GROUND CHICKEN BREAST/
GROUND TURKEY** 1 POUND

EGGROLL WRAPERS

****OIL FOR FRYING IF NOT USING
AIR FRYER**

1. Brown your choice of meat in a medium non stick skillet until cooked all the way through and then add the ginger.
2. Add soy sauce, sesame oil and bag of coleslaw mix, stir until coated with sauce
3. Add 1/2 cup shredded carrots, stir until coated with sauce. Add diced bell pepper
4. Add chopped scallions and water chestnuts, mix thoroughly and cook on medium high heat until the coleslaw has reduced by half.
5. Place an egg roll wrapper on a flat work surface with the corners set vertically (pointing up and down like a diamond shape). Moisten all edges of wrapper with water. Spoon a slightly rounded 1/4 cup of filling horizontally across the center of the wrapper.
6. Fold the bottom corner of the wrapper to the center, over the filling. Fold in left and right sides of wrapper to seal edges, and roll up. Repeat with remaining wrappers and filling.
7. Coat air fryer basket with nonstick spray. Preheat air fryer, if necessary, to 400°F. Arrange 4 egg rolls in basket in a single layer, seam side down; coat tops of egg rolls with nonstick spray. Air-fry at 400°F until browned and crisp, 7 to 8 minutes, turning egg rolls over after 4 minutes. Remove egg rolls from air fryer; repeat with remaining egg rolls.