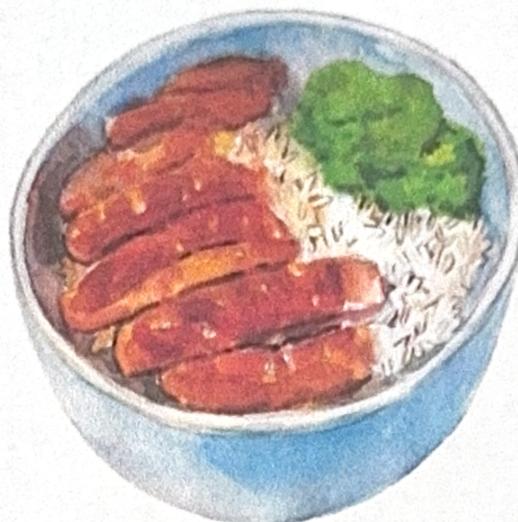


Teriyaki Chicken Stir-Fry

By: Claire Blanchard

Ingredients:

- 3 cups cooked rice
- 2 chicken breasts, sliced and cooked
- ½ sliced pepper
- ½ head of cabbage, shredded
- 1 cup snow peas
- 1 cup broccoli, cut
- ½ sweet onion, diced
- Sesame seeds (as garnish)
- Teriyaki sauce (soy sauce, sugar, corn starch)
- Salt & Pepper (to taste)
- Alpine's Touch (to taste)



Instructions:

1. Cook rice.
2. Chop broccoli, onions, peppers, snow peas, and cabbage. Cook in a frying pan.
3. Slice chicken, and cook. (Make sure the temperature is 165 degrees).
4. Make teriyaki sauce. Add one cup soy sauce and one cup sugar. Bring to a boil, and add corn starch. Stir until thickened.
5. Prepare all food on a plate for judges to evaluate. Drizzle Teriyaki sauce over food. Add sesame seeds for garnish.
6. NOW SAVOR THE DELICIOUS FLAVOR!!!

Nutritional Value:

One serving of Teriyaki Chicken Stir-Fry

- 498 Calories
- 46g Carbs
- 39g Protein

Homegrown Ham Ramen Noodles

By Declan Derhammer

Ingredients:

- 2 cups organic pho broth
- 2 cups organic chicken broth
- 2 packages organic ramen noodles
- Half of a ham steak from my 4-H pig chopped up in small pieces
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 Tablespoon organic coconut aminos
- 1 Tablespoon hoisin sauce
- 3 mini peppers chopped up
- 1 contain/8 oz mushrooms, sliced
- 1 large piece of dried seaweed, break into small pieces

Step by Step:

1. Boil broth 2 cups pho broth and 2 cups chicken broth
2. While the broth boils, chop up your mushrooms and ham and peppers
3. Once the broth is boiling, add 2 packages of ramen noodles
4. Cook until noodles are soft
5. Turn down stove heat to low
6. Add mushrooms, peppers and ham
7. Add seasonings:
 - 1/4 teaspoon onion powder
 - 1/4 teaspoon garlic powder
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 teaspoon organic coconut aminos
 - 1 teaspoon hoisin sauce
- Optional:
 - Add pieces of dried seaweed

Enjoy!

Ingredients & Directions

FROM

RECIPE FOR

RECIPE FOR Fried Rice with Ham
FROM Lizzy Zahler

Ingredients & Directions • 1 1/2 Cup of Rice

- 3 Tbsp. Sesame Oil
- 3 Large Eggs
- 2 1/2 Tsp. Garlic
- 1 Tbsp. Ginger
- 4 Scallions
- 2 Tbsp. Soy Sauce
- 1/2 tsp. Pepper
- 2/3 Cup of Ham
- 1/2 Cup of Peas
- 1 1/2 Cup Water

In a pot, boil water then add your rice until water is absorbed. Then, pour a tablespoon of sesame oil into a large pan. Add eggs and cook them, breaking into small pieces. Transfer to a bowl. In the same pan, put the white and light green parts of your scallions in. Add the ginger and garlic. Then, add your rice, stirring constantly. Add the remaining sesame oil too. Then, once sesame oil is absorbed, add the soy sauce, add the eggs back in, the peas, and dark green scallion parts. Add the ham until cooked through. If wanted add a little pepper on top with salt and parsley.

3-4 Serrings 50 Minutes

- Calories - 232
- Fat - 9g
- Saturated Fat - 2g
- Trans Fat - 0g
- Calcium - 33 mg.
- Iron - 1mg.
- Potassium - 145 mg.

- Cholesterol - 74mg.
- Sodium - 202 mg.
- Carbohydrates - 3g.
- Fiber - 1g.
- Sugar - 0g.
- Protein - 6g.
- Vitamin D - 0 mcg.

Ham Adds:

- Total Fat - 0.75g.
- Cholesterol - 15 mg.
- Sodium - 240 mg.
- Total Carbohydrates - 2g.
- Protein - 0.5g.

Montana Themed Asian Firecracker Meatballs with Rice

Ingredients:

Green Onion – 4

Mayonnaise – 4 TBSP

Sour Cream – 4 TBSP

Honey – 4 tsp

Ginger – 2 tsp

Low-Sodium Soy Sauce – 4 TBSP

Siracha – 2 tsp

Sesame Seeds – 2 TBSP

Jasmine Rice – 1 Cup

Water – 1 ½ Cup

Ground Beef – ½ pound

Ground Lamb – ½ pound

Breadcrumbs – ½ Cup

Egg – 1

Prep:

1. Preheat Oven to 425 degrees
2. Wash hands
3. Wash green onion
4. Trim and thinly slice green onions, separating whites from greens
5. Make Firecracker sauce. In a large bowl, combine mayonnaise, sour cream, honey, soy sauce and siracha. Whisk all ingredients and set aside.
6. Cook Rice. Add oil and 1 TBSP sesame seeds to rice cooker. Brown sesame seeds. Add rice and water. Cover and set aside.
7. Form meatballs. In a large bowl, combine ground beef, ground lamb, breadcrumbs, ginger, whites from green onion and 2 tsp soy sauce. Form into balls.
8. Roast meatballs and green beans. Wash green beans. Toss with oil and salt. Place green beans and meatballs in oven for 16 minutes.
9. Finish and serve. Plate rice, meatballs and green beans. Sprinkle with green onion and sesame seeds.

Nutritional Value: (per serving)

Calories – 750 k/cal

Protein – 33 g

Fat – 37 g

Cholesterol – 125 mg

Saturated Fat – 11 g

Sodium – 800mg

Carbohydrates – 64 g

Trans Fat – 1.5 g

Sugar – 11 g

Potassium – 320 mg

Dietary Fiber – 4 g

Calcium – 50 mg

Singaporean Chili Crab Recipe

JUMP TO RECIPE ↓

Prep	5 mins
Cook	20 mins
Active	15 mins
Total	25 mins
Serves	2 servings

Ingredients

- 1 tablespoon (8 g) cornstarch
- 2 tablespoons (30 g) water
- 7 tablespoons (104 ml) peanut oil *Whole Foods*
- 2 to 3 whole shallots, minced (about 1/2 cup)
- 1 1/2-inch knob ginger, grated (about 2 tablespoons)
- 6 medium garlic cloves, minced (about 2 tablespoons)
- 4 Thai chiles, minced *Wal-Mart*
- 2 whole live Mud or Dungeness crabs (about 1 pound each), prepared (see notes) *Whole Foods*
- 2 cups (500 ml) homemade or store-bought low sodium chicken broth
- 1/4 cup (66 g) tomato paste
- 1/2 cup (125 ml) hot-sweet chili sauce (see notes) *ABC ~ Wal-Mart*
- Salt, to taste
- Sugar, to taste
- 1 large egg, beaten
- 1/2 cup thinly sliced green onions
- 1 cup fresh cilantro leaves
- Rice or steamed buns to serve on side

Directions

1. In small bowl, whisk cornstarch with 2 tablespoons water; set aside. In large wok with lid (or Dutch oven), heat oil over medium heat until shimmering. Stir in shallots, ginger, garlic, and chiles. Cook and stir until fragrant, about 1 minute.
2. Add crab pieces and broth. Increase heat to medium high and bring to a boil. Cover loosely and gently boil (decrease heat if necessary), until crab has turned red and is nearly cooked through, about 6 minutes.
3. Remove cover and stir in tomato paste and chili sauce. Simmer 1 minute and season to taste with salt, sugar, or chili sauce. Stir in cornstarch mixture and bring to a boil to thicken.
4. Remove from heat and whisk in egg. Stir in green onions. Ladle into serving dish, sprinkle with cilantro and serve.

Special Equipment

Large wok with lid or Dutch oven

Notes

Crabs need to be rinsed well, cleaned, and cut into pieces. Check out [this video by Sydney Fish Market](#) on how to do it, or get your fishmonger to do it for you. I keep the creamy part inside the top shell for the extra crab flavor it lends to the dish. If using a wok with a lid, make sure it's supported well on the stove.

I used ABC brand hot chili sauce. I found that I didn't need to adjust my seasoning, but you may want to adjust so it has a balance of sweet, salty, and heat from the chiles.

Take care when eating the sauce—it may have bits of shell!

Ingredients

- 7 tablespoons (104 ml) peanut oil
 - 2 to 3 whole shallots, minced (about 1/2 cup)
 - 1 1/2-inch knob ginger, grated (about 2 tablespoons)
 - 6 medium garlic cloves, minced (about 2 tablespoons)
 - 4 Thai chiles, minced
 - 2 whole live Mud or Dungeness crabs (about 1 pound each), prepared (see notes)
 - 2 cups (500 ml) homemade or store-bought low sodium chicken broth
 - 1/4 cup (66 g) tomato paste
 - 1/2 cup (125 ml) hot-sweet chili sauce (see notes)
 - 1/2 cup thinly sliced green onions
 - 1 cup fresh cilantro leaves
 - Rice or steamed buns to serve on side
-

Lumpia Recipe

Prep Time: 15 mins

Cook time: 20 mins

Total time: 35 mins

Ingredients:

15 pieces lumpia wrapper

½ lb ground pork

¼ onion minced

½ carrot minced

½ tsp garlic powder

¼ tsp ground black pepper

½ tsp dried parsley

½ tsp salt

½ Tbsp sesame oil

2 eggs

Instructions:

1. Preheat oven to 425 degrees
2. Combine all filling ingredients in a bowl. Mix well.
Ground pork, onion, carrot, garlic powder, black pepper, parsley, salt, sesame oil, and 1 egg
3. Scoop around 1 ½ tablespoons of filling and place over a piece of lumpia wrapper. Spread the filling and then fold both sides of the wrapper. Fold the bottom. Brush beaten egg mixture on the top end of the wrapper. Roll-up until completely wrapped. Perform the same step until all mixture is used.
4. Put rolled lumpia on a baking sheet. Spray lumpia with cooking oil.
5. Put in preheated oven. Cook for 10 minutes. Flip over and put in oven for another 10 minutes.
6. Remove from oven, serve, and enjoy.

Nutrition:

Calories: 1359 kcal / Carbohydrates: 6g / Protein: 22g / Fat: 140g / Saturated Fat: 18g / Polyunsaturated Fat: 35g / Monounsaturated Fat: 83g / Trans Fat: 0.4g / Cholesterol: 137mg / Sodium: 717mg / Potassium: 393mg / Fiber: 0.4g / Sugar: 0.1g / Vitamin C: 7mg / Calcium: 37mg / Iron: 2mg

Sweet Chili Sauce

Prep Time: 5 mins

Cook time: 10 mins

Total Time: 15 mins

Ingredients:

½ cup rice vinegar

½ cup sugar

½ cup water

2 Tbsp sambal oelek

1 Tbsp cornstarch + 2 Tbsp water

Instructions:

1. Add the rice vinegar, sugar, water, and sambal oelek to a small sauce pot. Heat and stir the mixture over medium heat until the sugar fully dissolves.
2. Stir the cornstarch into 2 Tbsp water until dissolved, then pour it into the sauce pot with the sweet chili sauce. Continue stirring and heating until the mixture comes to a simmer, at which times the cornstarch will thicken the sauce and go from appearing cloudy to clear.
3. Use the sauce immediately, or refrigerate and use within one week.

Nutrition:

Calories: 18.83 kcal / Carbohydrates: 4.93g / Protein: 0g / Fiber: 0g / Fat: 0g / Sodium: 75.1mg

Fried Rice Recipe
By: Oliver Blanchard

Ingredients:

- 2 cups cooked rice
- 3 eggs
- ¼ cup chopped ham
- ½ diced pepper
- 4 baby carrots (chopped)
- 2 Tablespoons peas
- 3 slices of cooked ham
- Soy sauce (to taste)
- Salt & Pepper (to taste)
- Alpine's Touch (to taste)

Instructions:

1. Cook rice.
2. Chop carrots, ham, and peppers. Cook in a frying pan (carrots, peas, & peppers). And place in a separate bowl.
3. Brown chopped ham.
4. Cook eggs.
5. Put rice in a frying pan with eggs. Mix around.
6. Add soy sauce to rice & eggs.
7. Add carrots, ham, peas, & peppers. Mix around.
8. Add salt & pepper, and alpine's touch. Mix well.
9. Put fried rice in bowls.
10. Brown ham slices & put in bowls.
11. Enjoy.

cholesterol
103mg

Nutritional Value:

- One cup of fried rice is about 250 calories.
- One slice of ham is 100 calories.

calories	Fat	carbs	protein	Sodium
333	12.34g	41.7g	124.7g	22mg

Pan Seared Scallops with Sautéed Vegetables & Sesame Udon Noodles

Ingredients	Noodle Sauce Recipe
2/3 pack of udon noodles (9.5 oz package)	1 TABLESPOON tamari
4 cups frozen broccoli florets	1 TABLESPOON avocado oil
2 cups frozen scallops (80-120/lb)	3 TABLESPOONS sesame oil
2 bell peppers (red, yellow, or orange)	2 <u>teaspoons</u> garlic powder
6 cloves peeled garlic	1 <u>teaspoon</u> sugar
2 tablespoons butter	2 <u>teaspoons</u> rice wine vinegar
1 tablespoons avocado oil	
black sesame seeds	
salt	

***** SET BLUE TIMER - 1 HOUR. **** WASH HANDS *****

1. START PASTA WATER

- add 4 cups of cold water to pan
- turn on medium

2. THAW BROCCOLI

- measure 4 cups of frozen broccoli into large bowl
- fill bowl with lukewarm water.

3. THAW SCALLOPS

- measure 2 cups of frozen scallops into medium bowl
- fill bowl with lukewarm water
- wash hands → PUT AWAY BROCCOLI & SCALLOPS

4. WASH PEPPERS & CUT

- wash, remove seeds, and cut into long strips

5. PRESS GARLIC CLOVES

- remove ends from garlic cloves and press with garlic press
- chop, if needed → THROW AWAY TRASH

6. MAKE NOODLE SAUCE

- in a small bowl combine all ingredients and stir

7. COOK NOODLES

- add noodles to boiling water and stir
- cook uncovered for 4 minutes

8. CHOP BROCCOLI

- cut broccoli into smaller pieces
- bring broccoli, peppers, and garlic to stove

9. FINISH NOODLES

- turn off stove, drain noodles and return to pan
- add noodle sauce, stir and cover

10. FAST CLEANUP

- WASH + PUT AWAY CUTTING BOARD, KNIVES, GARLIC PRESS

11. COOK SCALLOPS

- turn saucepan on MEDIUM-HIGH
- add 2 tablespoons butter to pan
- add 1 tablespoon avocado oil to pan
- add garlic and stir, cook 20 seconds OR until bubbling
- add scallops + WASH HANDS
- add 1 teaspoon salt
- cook 3 minutes, turning often
- put scallops into metal bowl + cover with small lid -> PUT AWAY THINGS

12. COOK VEGGIES

- add peppers to sauce pan
- cook 2 minutes - CLEAN UP!
- add broccoli to pan
- cook another 3 minutes — QUICKLY WASH BOWLS + PUT AWAY
- TURN OFF HEAT — MOVE PAN OFF BURNER — COVER WITH LID
- FINAL CLEAN UP! — WASH DOWN SPACE — WATCH TIMER

13. SERVE JUDGES - PLACE SETTINGS + PRESENTATION



Remi's copy

Wash hands!

Remi and Kate's Fried Rice

*Start by making rice: Add 1 ½ cup basmati rice to a sauce pan with a lid. Add 3 cups of water and stir. Cover and cook over low heat for 20 minutes.

Ingredients

- 3 tablespoons toasted sesame oil, divided
- 3 large eggs, beaten
- ½ cup carrot shreds
- 3 tsp garlic paste
- 1 cup frozen peas
- 4 green onions, minced
- 4 cups cooked rice
- ¼ cup soy sauce
- ¼ cup sweet chili sauce
- ¼ cup hoisin sauce
- 2 Tbs chili-garlic sauce

Directions

Before you begin, whisk the sauces together in a small bowl. Heat a wok or large skillet over high heat; add 1 tablespoon sesame oil. Cook and stir eggs in the hot oil until scrambled and set, 3 to 4 minutes. Transfer eggs to a plate and return the wok to high heat. Add 1 tablespoon oil, add carrots and cook for 2 minutes. Add garlic to carrots; cook and stir until garlic is fragrant and browned, about 2 minutes. Stir peas and scallions into carrot mixture; cook and stir until peas are warmed, 1 to 2 minutes. Lower heat to medium. Stir rice into carrot mixture; add scrambled eggs, sauces, salt, and pepper. Cook and stir/toss rice mixture until heated through, 2 to 3 minutes.

Kate

Orange Peel Chicken

Wash
hands

Altered from Dinnerthendessert.com and Gourmet Martha.com

Sauce ingredients:

1 cup tomato sauce
1/2 cup orange juice
2 tablespoons brown sugar
1 tablespoon Sriracha sauce
1 tablespoon soy sauce
peel from 1 orange, zested

1 Tablespoon Oil

1 Tablespoon Garlic

4 diced green onion

For the Chicken:

2 pounds boneless, skinless chicken breast, cut into bite-sized pieces

1 cup cornstarch

2 large eggs, beaten

1 1/2 cups panko breadcrumbs

1 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon garlic powder

Cooking spray or oil for baking

Instructions

1. Before you start, mix tomato sauce, orange juice, sugar, Sriracha, orange zest and soy sauce in a small bowl.

Step 1: Prep the Chicken

1. Start by preheating your oven to 400°F (200°C). Line a baking sheet with parchment paper or a wire rack to help the chicken crisp up evenly.
2. In a shallow bowl, whisk the eggs. In another bowl, combine the cornstarch with salt, pepper, and garlic powder. In a third bowl, add the panko breadcrumbs.
3. Dip each piece of chicken into the cornstarch mixture, ensuring it's fully coated. Next, dip it into the beaten eggs, and finally, coat it with panko breadcrumbs. Place the coated chicken pieces on the prepared baking sheet, leaving space between them for even cooking.
4. Lightly spray the chicken with cooking spray to help it crisp up in the oven.

Step 2: Bake the Chicken

1. Bake for 20-25 minutes, flipping the pieces halfway through to ensure even browning. The chicken should be golden brown and cooked through, with an internal temperature of at least 165°F (75°C).

Step 3: To Make the Sauce

1. Add a tablespoon of oil, minced garlic and green onions, then let cook for about 1 minute, but don't let your garlic burn.
2. Add sauce mix you made in step 1 to the wok.
3. Bring to a boil and then simmer for about 5 minutes or until the sauce thickens.

Step 4: Coat the Chicken

1. Once the chicken is done baking, transfer it to a large bowl. Pour the warm orange sauce over the crispy chicken pieces and gently toss to coat evenly.

Asian Beef Soup

Prep Time 10 minutes	Cook Time 25 minutes	Total Time 40 minutes
-------------------------	-------------------------	--------------------------

Ingredients

- 2 qt of beef broth
- 1-1 ½ lbs flank steak
- 3 to 4 tsp sesame oil
- 4-8 cloves of garlic(minced)
- 2, 3-4-inch pieces of fresh ginger (peeled and minced)
- 4-6 baby bok choy
- 1 red bell pepper, or ½ of a large red bell pepper (thinly sliced and deseeded)
- 5-10 shiitake mushrooms (sliced)
- one package of soba noodles
- 4 ⅔ Tbsp soy sauce
- 1 tsp Korean chili powder
- ⅝ tsp white pepper
- 1 tsp oyster sauce
- 2 tsp lemon juice
- 5 Tbsp better then bouillon beef base
- 4 tsp mushroom powder

Instructions

1. Sauté garlic and one of the sticks of ginger in sesame oil for about 5 minutes.
2. Add beef broth 2 Tbsp of soy sauce and let simmer for five to 10 minutes.

3. While simmering, prepare the noodles according to the package drain and rinse with cold water.
4. In a small bowl mixed together the Korean chili powder, $\frac{1}{8}$ tsp of white pepper, $2\frac{2}{3}$ tbsp of soy sauce and the oyster sauce and whisk thoroughly and set aside.
5. Cut baby bok choy in half.
6. Take a pinch of the Korean chili powder and sprinkle on the flat side of each half of the baby bok choy Then sear with sesame oil for about a minute on each side of the baby bok choy, If you have larger baby bok choy take and cut those halves after they are seared into quarters.
7. Dredge the steak in the mixture of the Korean chili powder white pepper soy sauce and oyster sauce then sear on the same pan that you used for the bok choy 4 about 2 to 3 minutes per side so that the outside is brown but the inside is still slightly pink. Remove the steak from the pan and slice it across the grain into strips of any size you prefer.
8. Put steak, lemon juice, $\frac{1}{2}$ tsp of white pepper, the beef base, mushroom powder and red bell pepper in the pot and let it simmer for 2 minutes.
9. Place a handful of noodles into the bowl, ladle some of the soup over the noodles and place one Piece of baby bok choy into the bowl.
10. Enjoy!!!

Fresh Spring Rolls

Prep Time 20 minutes	Cook Time 5 minutes	Assembly Time 15 minutes	Total Time 40 minutes
-------------------------	------------------------	-----------------------------	--------------------------

Ingredients

- One package of spring roll rice wraps
- one package of vermicelli rice noodles
- 2 mangoes, peeled and sliced into thin strips
- 1 large carrot, peeled and shredded or sliced into thin strips
- 1 large English cucumber, peeled and sliced into thin strips
- 1 bunch of fresh cilantro
- A peanut dipping sauce of your choice

Instructions

1. Cook the vermicelli noodles in boiling water according to the instructions on the package, then drain and rinse with cold water.
2. Gather all filling ingredients, including chopped veggies and cilantro.
3. Add about 1 inch of water to a large pan, deep dish, or pie pan. Place 1 rice paper into the water and let it soak for about 10 to 15 seconds. Remove the rice paper and place it onto a plate
4. layer one to two slices of each veggie and a few leaves of cilantro and a pinch of the noodles on the 1/3 of the spring roll that is closest to you.
5. Follow the directions on the package of the spring roll wraps, to wrap the spring roll.
6. Enjoy!!!

Recipe Analyzer Results

A single serving of fresh spring rolls has 86 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 8

Amount per serving

Calories **86**

% Daily Value*

Total Fat 0.4g	0%
Saturated Fat 0.1g	0%
Cholesterol 1mg	0%
Sodium 86mg	4%
Total Carbohydrate 18.9g	7%
Dietary Fiber 1.6g	6%
Total Sugars 4.4g	
Protein 2.3g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	5%
Potassium 176mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by 

Ingredients:

- rice paper
- 1 one package of vermicelli rice noodles
- 2 mangoes, peeled and sliced into thin strips
- 1 large carrot, peeled and shredded or sliced into thin strips
- 1 large English cucumber, peeled and sliced into thin strips
- 1 bunch fresh cilantro

JUMP TO RECIPE ↓

Air Fryer Egg Rolls

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS	YIELD
20 mins	25 mins	45 mins	12 servings	12 egg rolls

NOTE

Alternative Pan Fry Method: If you don't have access to an air fryer, you can make these egg rolls using a traditional pan fry method. Add enough oil to a medium skillet with high walls so the oil is about 1/2 inch up the side of the skillet. Heat oil on medium high heat until it reaches 350°F. Add egg rolls and fry for 3 to 4 minutes, flip, and fry for another 3 to 4 minutes until golden brown. Remove and let them drain and cool on a few paper towels.

Ingredients

For the egg rolls:

- 1 tablespoon olive oil
- 1 pound ground pork or chicken
- 1 clove garlic, minced
- 1 tablespoon grated fresh ginger
- 1 medium carrot, shredded
- 3 scallions, chopped
- 3 cups shredded green cabbage
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 12 egg roll wrappers
- Oil, for brushing

For dipping:

- Duck sauce
- Plum sauce
- Soy sauce

Method

1. Cook the filling:

In a large skillet over medium heat, add the olive oil along with the ground pork or chicken. Break apart the meat with a spatula or wooden spoon as it cooks. Cook until the meat is cooked through, 6 to 8 minutes.

Add garlic, ginger, carrot, scallions, and cabbage. Continue to cook until cabbage wilts down and is soft, another 3 to 4 minutes, stirring regularly. Season the filling with soy sauce and rice wine vinegar, and take off the heat to cool. (This filling can be made in advance.)

2. Assemble the egg rolls:

Place a single egg roll wrapper on a dry surface with one point of the square facing you (like a diamond). Place about 1/4 cup of the egg roll filling mixture in the middle of the wrapper.

Dip your fingers in water and run around the edges of the wrapper. Then fold the edges of the wrapper over the center and start rolling the egg roll away from you to form a tight cylinder. Place on a plate and repeat until you are out of filling. You should get at least a dozen egg rolls.

3. Air fry the egg rolls:

Place the egg rolls in the basket of your air fryer. Spray or brush them lightly with oil. Add as many as you can without stacking the egg rolls, making sure they don't touch. Air needs to circulate around them. Brush the egg rolls lightly with oil.

Place the basket in the air fryer and turn the air fryer to 350°F. Cook for 6 to 7 minutes, then flip the egg rolls, spray or brush with oil a second time on the bottom side, and cook for another 4 to 5 minutes.

Finished egg rolls should be golden brown and crispy! Serve immediately.

Did you love the recipe? Give us some stars and leave a comment below!

FILED UNDER:

SIDE DISHES

AIR FRYER

GROUND CHICKEN

GROUND PORK

CHINESE PORK

Nutrition Facts (per serving)

388	22g	29g	18g
CALORIES	FAT	CARBS	PROTEIN

Chicken Stir Fry

This chicken stir fry recipe is packed with veggies and a delicious sweet and savory soy, ginger, and garlic sauce that gets a kick from chili flakes. Serve with white or brown rice for a quick and easy weeknight dinner.

Submitted by **Katie Sechrist**

✔ Tested by **Allrecipes Test Kitchen**

Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Servings: 6

Ingredients

- 4 cups water
- 2 cups white rice
- $\frac{2}{3}$ cup low-sodium soy sauce, or to taste
- $\frac{1}{4}$ cup brown sugar
- 1 tablespoon cornstarch
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced garlic
- $\frac{1}{4}$ teaspoon red chili flakes
- 3 skinless, boneless chicken breast halves, thinly sliced
- 2 tablespoons sesame oil, divided
- 1 head broccoli, broken into florets
- 1 onion, cut into large chunks
- 1 cup sliced carrots
- 1 (8 ounce) can sliced water chestnuts, drained

- 1 green bell pepper, cut into matchsticks

Directions

Step 1

Gather all ingredients.

Step 2

Bring water and rice to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until rice is tender, and liquid has been absorbed, 20 to 25 minutes.

Step 3

Meanwhile, combine soy sauce, brown sugar, and cornstarch in a medium glass or ceramic bowl; stir until smooth.

Step 4

Stir in ginger, garlic, and red pepper flakes; add chicken and stir to coat. Cover and marinate in the refrigerator for at least 15 minutes.

Step 5

Heat 1 tablespoon sesame oil in a wok or large skillet over medium-high heat. Add broccoli, onion, carrots, water chestnuts, and bell pepper; cook and stir until just tender, about 5 minutes.

Step 6

Transfer vegetables into a dish; set aside.

Step 7

Heat remaining 1 tablespoon sesame oil in the same wok or skillet over medium-high heat. Add chicken, reserving marinade, and cook until just browned, about 2 minutes per side.

Step 8

Stir in vegetables and reserved marinade. Bring to a boil; cook and stir until chicken is no longer pink in the center and vegetables are tender, 5 to 7 minutes.

Step 9

Serve over rice.

Cook's Note

Try adding bean sprouts, bamboo shoots, snap peas, or any of your favorite vegetables.

Nutrition Facts

Per serving: 344 calories; total fat 7g; saturated fat 1g; cholesterol 51mg; sodium 1125mg; total carbohydrate 45g; dietary fiber 5g; total sugars 13g; protein 25g; vitamin c 58mg; calcium 82mg;