

Baked Rice Paper Spring Rolls



Serves	3-4
Prep time	1 hour
Cook time	25 minutes
Total time	1 hours, 25 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Appetizer , Lunch , Main Dish , Savoury Snack , Side Dish
Misc	Child Friendly , Pre-preparable , Serve Hot
Region	Asian

Ingredients

- 375g chicken fillets (minced)
- 2 spring onions (finely sliced)
- 1 Medium carrot (peeled and grated)
- 125g cabbage (finely shredded)
- 1/4 cup Pear Sauce (refer to basics page)
- 1/2 teaspoon salt
- 1 clove garlic (finely sliced)
- 1/2 stick celery (finely sliced)
- 2 tablespoons rice Bran Oil
- Canola oil spray (for greasing)
- 14 rice paper spring roll wrappers (16cm)
- Water (for softening spring roll wrappers)
- Extra Rice bran oil

For dipping: (Optional)

- No-tomato sauce (refer to Basics page)
- Pear Sauce (refer to Basics page)
- Dipping sauce for Fresh Rice Paper Rolles (refer to recipe)

Directions

1. Heat the rice bran oil in a wok or large frying pan over medium-high heat. Add the chicken and stir-fry until cooked through. Transfer to a plate lined with paper towel.
2. Add the spring onions, garlic, carrot, celery and cabbage to the wok. stir-fry for about 2 minutes or until soft. Remove from the heat.
3. Place the chicken and vegetables into a bowl and combine. Add in the pear sauce and salt. Stir until well combined. Set aside to cool completely. Drain any excess liquid.
4. Preheat the oven to 200 C. Spray a baking tray with the canola oil.
5. Place 1 spring roll wrapper into a bowl of water, then lay on a flat surface.
6. Once softened, spoon the chicken mixture onto the centre of the wrapper.
7. Fold over the top and bottom ends, then fold in the sides and roll up. Place on the baking tray.



 [Rolling Baked Spring Rolls](#)

8. Repeat for all the wrappers, then brush the tops with the extra rice bran oil. Place in the oven and bake for 20 - 25 minutes, until golden.  [Rolling Baked Spring Rolls](#)

9. Serve immediately. As a dipping sauce you can use Pear Sauce (p. 9), No-Tomato Sauce (p.11) or the dipping sauce for Fresh Rice Paper Rolls.  [Bakes Spring Rolls](#)

Note

Moderate Salicylates, Low Glutamates, Low Amines

Refer here for [pear sauce](#) recipe and [no-tomato sauce recipe](#). The dipping sauce recipe can be found [here](#).