



Crispy Air Fryer Egg Rolls: A Healthier Twist on a Classic Favorite

Description

Egg rolls are a beloved appetizer, but deep-frying can make them heavy and greasy. Enter the **air fryer** – a game-changer for achieving that perfect crispy texture with minimal oil. These **Air Fryer Egg Rolls** are not only delicious but also a healthier alternative to the traditional version.

Why Make Egg Rolls in an Air Fryer?

- **Healthier:** Uses significantly less oil than deep-frying.
- **Crispy Texture:** The air fryer circulates hot air to create a golden, crunchy exterior.
- **Quick & Easy:** Faster than deep-frying with no messy oil cleanup.
- **Versatile:** Customize the filling to your liking – vegetarian, chicken, pork, or shrimp.

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Ingredients You'll Need

For the Filling:

- 1 cup shredded cabbage
- ½ cup shredded carrots
- ¼ cup chopped green onions
- ½ cup cooked protein (chicken, pork, shrimp, or tofu)
- 1 tsp minced garlic
- 1 tsp grated ginger
- 1 tbsp soy sauce
- 1 tsp sesame oil
- ½ tsp sugar
- Salt & pepper to taste

Additional:

- 8-10 egg roll wrappers
- 1 tbsp water (for sealing)
- Cooking spray or light oil

Step-by-Step Instructions

1. Prepare the Filling

- In a pan over medium heat, sauté garlic and ginger for 30 seconds.
- Add cabbage, carrots, and green onions, cooking until slightly softened (2-3 minutes).
- Stir in soy sauce, sesame oil, sugar, and your choice of protein. Cook for another 2 minutes. Remove from heat and let cool.

2. Assemble the Egg Rolls

- Lay an egg roll wrapper in a diamond shape.
- Spoon 1-2 tbsp of filling near the bottom corner.
- Fold the bottom corner over the filling, then fold in the sides.
- Roll tightly, sealing the edge with a dab of water.

3. Air Fry to Perfection

- Preheat the air fryer to **375°F (190°C)** for 3 minutes.
- Lightly spray the egg rolls with oil (for extra crispiness).
- Place in the air fryer basket in a single layer, leaving space between them.
- Cook for **8-10 minutes**, flipping halfway, until golden brown and crispy.

4. Serve & Enjoy!

- Let cool slightly before serving with your favorite dipping sauce (sweet chili, soy sauce, or duck sauce).

Tips for the Best Air Fryer Egg Rolls

- **Don't Overfill:** Too much filling can cause bursting.
- **Keep Wrappers Moist:** Cover unused wrappers with a damp towel to prevent drying.
- **Spray Lightly:** A little oil helps achieve maximum crispiness.
- **Experiment with Fillings:** Try cream cheese & crab, Philly cheesesteak, or even dessert egg rolls!

Final Thoughts

These **Air Fryer Egg Rolls** deliver all the crunch and flavor of the classic version without the excess oil. Whether as an appetizer, snack, or party food, theyâ??re sure to be a hit. Give them a try and enjoy a healthier, hassle-free twist on a favorite!

Category

1. Air Fryer Recipes

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