

No flour Egg roll with stir fried vegetable

Ingredients:

For the Egg Wrap:

2 large eggs

Salt and pepper to taste

Oil or cooking spray for frying

For the Stir-Fried Vegetables:

2 cups mixed vegetables (such as bell peppers, carrots, cabbage, mushrooms, onions, and bean sprouts), thinly sliced or julienned

2 cloves garlic, minced

1 tablespoon soy sauce (or tamari for gluten-free option)

1 tablespoon hoisin sauce

1 tablespoon sesame oil

Salt and pepper to taste

Optional: sliced green onions, chopped cilantro, or sesame seeds for garnish

Instructions:

1. Prepare the Egg Wrap:

In a bowl, beat the eggs until well combined. Season with salt and pepper.

Heat a non-stick skillet or frying pan over medium heat. Lightly grease the skillet with oil or cooking spray.

Pour half of the beaten eggs into the skillet, swirling to coat the bottom evenly.

Cook the egg for 1-2 minutes until set and slightly golden on the bottom. Carefully flip the egg wrap using a spatula and cook for another 1-2 minutes on the other side.

Repeat the process with the remaining beaten eggs to make another egg wrap. Transfer both egg wraps to a plate and set aside.

2. Prepare the Stir-Fried Vegetables:

3. Assemble the Egg Rolls:

Place one egg wrap on a clean work surface.

Spoon half of the stir-fried vegetables onto the center of the egg wrap in a horizontal line.



Fold the bottom edge of the egg wrap over the vegetables, then fold in the sides, and roll it up tightly like a burrito.

Repeat the process with the remaining egg wrap and stir-fried vegetables.

If desired, garnish the egg rolls with sliced green onions, chopped cilantro, or sesame seeds.

4. Serve:

Serve the no-flour egg rolls with stir-fried vegetables immediately. They can be enjoyed as is or with your favourite dipping sauce, such as sweet chili sauce or soy sauce.

Enjoy your delicious and healthy no-flour egg rolls packed with stir-fried vegetables!