



That's what I'm talking about

**HAMILTON**  
relay

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*"Fun stories are better shared over delicious food with friends and loved ones."*

That's what I'm talking about



## Chicken Spring Rolls

### Ingredients:

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- 1 lb ground chicken*
- 1 medium onion, minced*
- 1/4 cup carrot, minced*
- 2 Tbsp parsley, minced*
- 1 tsp garlic powder*
- 1 Tbsp sesame oil*
- 2 tsp salt*
- 1/2 tsp black pepper*
- 1 egg, beaten*
- 20 to 30 pieces spring roll wrapper*
- 2 cups cooking oil*

### Directions:

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1. In a large bowl, combine chicken, onion, carrot, parsley, garlic powder, sesame oil, salt and pepper. Mix well.
2. Scoop about 2 to 3 tablespoons of the mixture and then arrange on top of a spring roll wrapper. Wrap the mixture and then seal the edge by brushing the beaten egg mixture on the end of the wrapper.
3. Heat the cooking oil in a deep frying pan.
4. When the oil becomes hot, deep fry the wrapped spring rolls in low to medium heat for about 10 to 12 minutes or until the color turns golden brown.
5. Transfer the fried chicken spring roll onto a plate lined with paper towels.
6. Serve with sweet and sour sauce.