

Mung Noodle Spring Rolls

Summary

Yield	Servings
Source	wailana
Prep time	10 minutes
Cooking time	30 minutes
Total time	40 minutes

Description

This spring roll recipe includes transparent mung noodles, often called bean thread or glass noodles. Made from the starch of ground mung beans, they are both nutritious and easy to digest.

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Ingredients

1
package of wheat-based spring roll wrappers
1 4²/₅ oz
Roll dried mung noodles, soaked
3 1³/₄ c
Firm tofu, drained and well mashed
1 c
Fresh shiitake or button mushrooms, finely sliced
1¹/₂ c
Green onion, chopped
1 c
Carrot, finely grated
3³/₄ c
Red bell pepper, finely diced
2 Tbsp
toasted sesame oil
1 1¹/₂ tspn
Salt
1³/₄ c
Whole wheat bran
3 Tbsp
Cornstarch mixed with...

1 1/4 c
Water
1 tspn
Vegetable oil for deep-frying

--Sauce:

1 1/2 c
rice vinegar
1 1/2 c
Honey
1 tspn
Dried chili flakes, or to taste

--Garnishes:

Lettuce leaves

Fresh mint

Cucumber, thinly sliced

Grated carrots

Chopped roasted peanuts

Instructions

1. Set the wrappers out to defrost. Soak the mung noodles in boiled hot water for 10 minutes. Rinse in cold water and drain well. Roughly chop into 1-inch pieces. In a large bowl, combine the noodles, tofu, and vegetables. Add the sesame oil and salt and mix well. Set aside.
2. Combine the sauce ingredients in a medium saucepan. Bring to a boil, then reduce the heat to medium-low and simmer for 20-30 minutes. The sauce should be slightly thickened and caramelized. Set aside to cool.
3. Place a spring roll wrapper on a plate. Keep the remaining wraps covered under a damp cloth. Lightly sprinkle the wrapper with bran flakes, then take a corner and point it toward you.
4. Place 3 Tbsp. of filling about 2 inches away from the corner in a 5-inch line. Roll the corner over, then fold the sides in and roll to the end. Seal with the cornstarch mixture and place under a damp cloth. Repeat for the rest.
5. Deep-fry or pan-fry the spring rolls in at least 2 inches of oil until golden, turning as necessary. Remove and drain. Cook in about 3 batches.
6. For each serving, place the spring rolls on a lettuce leaf with a sprig of fresh mint, thinly sliced cucumber, and grated carrots. Drizzle with the sauce. Sprinkle with chopped roasted peanuts if desired.

Notes

Nutritional Information Per Serving:

Calories: 261, Fat 9.9g (89 cal), Carbohydrate 35.1g (140 cal), Protein 8g (32 cal)

Added information: Saturated Fat 1.1g, Cholesterol 1mg, Sodium 252mg, Dietary Fiber 2.1g

Source URL: <http://www.wailana.com/lifestyle/recipe/mung-noodle-spring-rolls>