



VEGAN LUMPIA

INGREDIENTS

1 lb. Plant-Based Ground
1 T vegetable oil
2 cloves garlic, minced
½ cup white onion, minced
½ cup carrots, shredded
½ cup green onions, chopped
½ cup bean sprouts
½ t black pepper
½ t garlic powder
½ t soy sauce
60 wonton wrappers
2 cups oil for frying

TIME: 60 mins (Prep Time 35 mins / Cook Time 25 mins) **SERVES:** 6 **TYPE:** Vegan

INSTRUCTIONS

- 1 Place a large wok over high heat. Add 1 T vegetable oil and the ground. Cook until browned. Set aside.
- 2 In same wok, add garlic and onion, cook for 1 minute. Stir in carrots, green onions, and bean sprouts. Cook 2 minutes.
- 3 Add ground back to mixture. Add pepper, garlic powder, and soy sauce. Stir to combine. Set aside until cool enough to handle.
- 4 Place scant spoonful into bottom ⅓ of wonton. Wet edges of wonton by dipping finger in water and running it over the three sides. Lift bottom edge of wonton, fold over filling, pull back to tighten, then roll the rest of the way up. Crimp two edges to seal.
- 5 Heat a heavy skillet with oil over medium heat for 5 minutes. Place 4 lumpia at a time into hot oil. Fry for 1-2 minutes per side. You want them golden brown. Drain on paper towels.

QUICK TIP



Freeze uncooked lumpia to be able to make a quick, delicious snack

Before
the butcher™