

Spring roll with egg and vegetables

Total: 6 min · Prep: 5 min · Cook: 1 min · 1 servings · Easy · Breakfast

Vegetarian



INGREDIENTS

2 pc Rice paper

2 pc Egg

50 g Tomato

25 g Carrot

20 g Iceberg lettuce

18 g Purple cabbage

20 g Cucumber

20 g Cream cheese

0.25 pc Avocado

to taste Soy sauce or teriyaki

INSTRUCTIONS

- 1 Dice the tomato and pan-fry on a skillet without oil for 2-3 minutes.
- 2 Add eggs and spices to the tomatoes, stir. Cook until fully done.
- 3 Soak rice paper in cold water for 5-7 seconds.
- 4 Spread cream cheese on the rice paper.
- 5 Place the egg mixture and thinly julienned vegetables on top.
- 6 Roll up the rice paper like a cabbage roll.
- 7 Optionally, garnish with green onion. Serve with soy sauce or teriyaki sauce.

Nutrition per serving: 431 kcal · Protein 31.0 g · Fat 10.0 g · Carbs 37.0 g · Fiber 4.8 g