

Red Beans Spring Rolls



Red bean, also known as adzuki beans are very commonly made into a paste and used as filling or topping for various deserts and dishes in Asia. This recipe does not only features fried spring rolls as an appetizer, but also as a delicious dessert which is more specific of the regions in the South side of China.

CONTAINS: Gluten

SERVING SIZE : 2 spring rolls

NUMBERS OF SERVINGS : 24

PREPARATION TIME : 45 minutes

COOKING TIME: 60

INGRÉDIENTS / INGREDIENTS

QUANTITÉ / AMOUNT

Adzuki beans (red beans), raw	1 ½ cup
Water, tap	4 ½ cup (1125 mL)
Sugar, Brown	½ cup
Oil, canola	2 tbsp (30mL)
Spring rolls wrapper	48 unit

Nutrition Facts	
Serving size	2 spring rolls
Amount Per Serving	
Calories	340
	<small>% Daily Value*</small>
Total Fat 29g	37%
Saturated Fat 2.15g	11%
Trans Fat 0g	
Polyunsaturated Fat 8.03g	
Monounsaturated Fat 18g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 12.9mg	0%
Iron 0.69mg	4%
Potassium 167mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

METHOD:

1. Wash and rinse the adzuki beans.
2. Put adzuki beans and water in a pressure cooker. Pressure cook for 35minutes, until soft.
3. Transfer the cooked adzuki beans to a blender, mix for 15 seconds, until smooth.
4. Heat a large non-stick pan over medium heat. Add cooked adzuki beans and half of canola oil (15ml) and stir fry for 5 minutes.
5. Add the other half of canola oil and Stir fry for 5 minutes.
6. Add brown sugar and stir fry for 5 minutes, until a solid paste. Pour into a bowl, and let it cool for 10 minutes.
7. Separate spring rolls wrapper into single sheets. Pour 1 tbsp (15ml) of red bean paste in the middle of the sheet. Fold over the corner while rolling. Fold over the two sides. Finger pain the corner with water and make the final roll.
8. Heat a pot of oil on high heat.
9. Add spring rolls to the pot. Fry for 15-20 seconds, until golden on both sides.