

# *Lumpiang Sariwa*



## **LUMPIANG SARIWA**

You and your family will love this tasty recipe. The ingredients – ground chicken or pork, olive oil, peanuts and fresh herbs and spices – add flavor. Also, the Lumpiang Sariwa is served fresh so it has fewer calories than fried lumpia.

## INGREDIENTS

- 1/2 cup ground chicken or lean pork
- 1/2 cup shrimp, cleaned and deveined
- 1 tablespoon olive oil
- 2 cloves chopped garlic
- 1/2 cup cabbage, julienned
- 1/2 cup green beans, julienned
- 1/2 cup carrots, julienned
- 1/4 cup celery, julienned
- 1/4 cup jicama, julienned (may substitute chestnut)
- 1/2 cup chicken broth
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 8 Vietnamese spring roll wrappers or lumpia wrappers
- 8 pieces red leaf lettuce
- 1/3 cup peanuts, dry, roasted, and chopped



## Directions:

- 1) Heat oil, and saute ground meat with shrimp and garlic.
- 2) Add vegetables until slightly crispy. Pour in the chicken broth until cooked.
- 3) Season with salt and pepper.
- 4) Set aside and drain in a colander.
- 5) Save the broth for the Lumpia sauce.
- 6) Soak the Vietnamese spring roll wrappers one at a time in water until soft and transparent. Dry immediately with a paper towel.
- 7) Lay the lettuce on the wrapper.
- 8) Place 2 tablespoons of the vegetable mixture on the wrapper.
- 9) Fold in one side of the wrapper and roll tightly.
- 10) Serve the lumpia sauce on top. Sprinkle with chopped peanuts.



## Nutrition Information

Makes 8 servings  
Serving size: 1 lumpia  
Each serving provides:  
Calories: 160  
Total Fat: 4 g  
Saturated Fat: 0.5 g  
Cholesterol: 55 mg  
Sodium: 150 mg  
Total Fiber: 2 g  
Protein: 10 g  
Carbohydrates: 21 g  
Potassium 170 mg



## LUMPIA SAUCE:

- 1 cup broth from the sauteed vegetables
- 1 tablespoon light soy sauce
- 1 tablespoon brown sugar
- 3 cloves garlic, minced
- 1 teaspoon cornstarch
- 2 tablespoons cold water for mixing cornstarch

### Directions:

- 1) Mix together vegetable broth, soy sauce, brown sugar, and garlic, and bring to a boil.
- 2) Mix the cornstarch in 2 tablespoons of cold water.
- 3) Slowly add the cornstarch mixture to the broth. Stir until sauce thickens.



and fell in love with it.  
to rebuild the village as a holiday

Prepared by: Mara