

Foodnity Recipes

Crispy Rice Paper Dumplings – Vegan High-Protein

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Asian Fusion** Cuisine

Ingredients

Main Ingredients

- [ ] 8 rice paper sheets
- [ ] 200 g firm tofu, pressed and crumbled
- [ ] 1 cup shredded carrots
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp lime juice
- [ ] 1 tsp maple syrup
- [ ] 2 tbsp vegetable oil for frying

For the Dipping Sauce

- [ ] 3 tbsp soy sauce
- [ ] 1 tbsp lime juice
- [ ] 1 tsp maple syrup
- [ ] 1 clove garlic, minced

Instructions

1. Press tofu, crumble it, then mix with shredded carrots, soy sauce, lime juice, and maple syrup; let it sit while you prepare the rice paper.
2. Fill a shallow bowl with warm water; dip one rice paper sheet for about 5 seconds until just pliable.
3. Place a spoonful of the tofu mixture onto the center, fold the sides, then roll tightly, sealing the edge with a little water.
4. Heat oil in a skillet over medium-high; fry each dumpling for 2-3 minutes per side until golden and crisp.
5. Remove dumplings, drain on paper towels, and serve with the prepared dipping sauce.

Nutrition per serving

280 kcal	12 g	22 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the oil is hot enough before adding dumplings; otherwise they absorb too much oil.
- If you prefer a milder flavor, reduce the soy sauce and add a pinch of sugar.
- These dumplings freeze well; re-heat in a skillet for best texture.