



Air fryer veggie spring rolls are a modern twist on the classic spring rolls you'd find in Asian cuisine. Unlike their deep-fried counterparts, these spring rolls are air-fried using minimal oil. The filling typically consists of a blend of fresh vegetables like cabbage, carrots, mushrooms, and bell peppers, seasoned with soy sauce, ginger, and garlic. Depending on your taste preference, you can customize the filling by [adding tofu](#), sprouts, or even spices for a fusion twist.

Instead of frying them in oil, you use an air fryer to cook them, achieving that same golden, crispy exterior without the extra calories.

Why Air Fryer Veggie Spring Rolls Are a Healthy Choice

Switching to air fryer veggie spring rolls offers several health and culinary benefits:

- **Lower Fat Content:** Traditional deep-fried spring rolls absorb a significant amount of oil, whereas air frying uses as little as one teaspoon of oil or none at all.
- **Preserved Nutritional Value:** Air frying retains the flavors and nutrients of the veggies since the cooking process is gentler and faster.
- **Fewer Calories:** Using an air fryer can decrease calorie content by up to 75% compared to deep-frying.
- **No Grease Mess:** With an air fryer, you skip the hassle of dealing with leftover oil or greasy pans.

These reasons make air fryer veggie spring rolls not just delicious but also a smarter choice for your health.

How to Prepare Air Fryer Veggie Spring Rolls: Step-by-Step Guide

Creating homemade spring rolls doesn't have to be intimidating! Follow this step-by-step guide to prepare them easily:

1. Prepare the Filling:

- Finely chop your vegetables (cabbage, carrots, mushrooms, and bell peppers).
- Heat a teaspoon of sesame oil in a pan and stir-fry the veggies with minced garlic,



grated ginger, soy sauce, and a pinch of salt.

- Cook for 3-4 minutes until tender but still crunchy. Allow the filling to cool.

2. **Wrap the Rolls:**

- Lay a spring roll wrapper flat on a clean surface with a corner facing you.
- Spoon about two tablespoons of the veggie filling into the wrapper.
- Fold the bottom corner over the filling, then tuck in the sides, and roll tightly until sealed. Use a dab of water to seal the edge.

3. **Preheat Your Air Fryer:**

- Preheat the air fryer to 375°F (190°C) for 3-5 minutes for even cooking.

4. **Lightly Coat the Rolls:**

- Brush or spray a thin layer of oil on each roll to enhance crispness.

Air Fryer Veggie Spring Rolls Cooking Time: Key Factors to Consider

When it comes to cooking veggie spring rolls in an air fryer, a few factors play a crucial role in achieving the perfect result. Here are some key factors to consider:

- **Temperature:** Set your air fryer to a temperature between 375°F and 380°F (190°C - 193°C) for optimal cooking.
- **Cooking Time:** Cook the spring rolls for approximately 10-12 minutes, flipping them halfway through to ensure even browning.
- **Single Layer:** Arrange the spring rolls in a single layer in the air fryer basket to ensure even heat distribution and thorough cooking.

By taking these factors into account, you can achieve crispy and delicious veggie spring rolls that are cooked to perfection in your air fryer. Enjoy the delightful combination of flavors and textures in every bite!

How Long to Cook Spring Rolls in an Air Fryer (Not



Frozen)?

When cooking fresh spring rolls in an air fryer, the recommended cooking time is around 10-12 minutes. It's important to flip the spring rolls halfway through the cooking process to ensure even browning and crispiness. By following these guidelines, you'll be able to achieve perfectly cooked and delicious veggie spring rolls that are crispy on the outside and flavorful on the inside. Enjoy every bite of this delightful appetizer!

Perfect Temperature and Time for Spring Rolls in an Air Fryer

To ensure crispy and golden spring rolls, follow these steps for the perfect temperature and cooking time:

1. Preheat your air fryer to 375°F (190°C).
2. Lightly brush or spray the spring rolls with oil to promote even browning.
3. Place the spring rolls in a single layer in the air fryer basket, leaving space between them for proper air circulation.
4. Cook the spring rolls for approximately 8-10 minutes, flipping them halfway through the cooking process to achieve even crispness.
5. Keep a close eye on the spring rolls during the last few minutes to prevent them from overcooking or burning.
6. Once done, remove the spring rolls from the air fryer and let them cool slightly before serving.

By following these guidelines, you'll be able to enjoy perfectly cooked spring rolls with a satisfying crunch and delicious filling. Serve them with your favorite dipping sauce, and enjoy this delectable appetizer!

Air Fryer Veggie Spring Rolls: Indian-Style Recipe

Experience a burst of flavors with this delightful Indian twist on veggie spring rolls. Here's how to prepare them in your air fryer:



Ingredients:

- Frozen veggie spring rolls
- 1 tablespoon oil
- 1 teaspoon cumin seeds
- 1 teaspoon ginger-garlic paste
- 1/2 cup finely chopped onions
- 1/2 cup finely chopped carrots
- 1/2 cup finely chopped cabbage
- 1/2 cup finely chopped bell peppers
- 1/2 cup boiled and mashed potatoes
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala
- Salt to taste
- Fresh coriander leaves, chopped
- Sweet chili sauce or mint chutney for dipping

Instructions:

1. Preheat the air fryer to 400°F (200°C).
2. Heat oil in a pan and add cumin seeds. Once they splutter, add ginger-garlic paste and sauté for a minute.
3. Add onions and cook until translucent. Then, add carrots, cabbage, and bell peppers. Sauté until the vegetables are tender.
4. Stir in the mashed potatoes, turmeric powder, garam masala, and salt. Mix well and cook for another 2 minutes.
5. Remove the mixture from heat and let it cool.
6. Take a spring roll wrapper and place a spoonful of the vegetable filling at one end. Roll tightly, tucking in the sides as you go. Seal the end with a little water.
7. Repeat the process with the remaining wrappers and filling.
8. Lightly brush the spring rolls with oil and place them in the air fryer basket in a single layer.
9. Air fry for 12-15 minutes, flipping halfway through, until the rolls turn golden and crispy.
10. Serve the hot and crispy spring rolls with a side of sweet chili sauce or mint chutney for a tangy kick.
11. Enjoy the Indian-inspired flavors of these delicious air fryer veggie spring rolls!

With this Indian-style recipe, you can savor the perfect blend of spices and crispy goodness



in every bite.

Cooking Frozen Veggie Spring Rolls in an Air Fryer: A Quick Guide

Cooking frozen veggie spring rolls in an air fryer is a convenient and delicious way to enjoy this popular appetizer. Follow these simple steps for mouthwatering results:

1. **Preheat** your air fryer to 400°F (200°C) for about 5 minutes.
2. **Arrange** the frozen veggie spring rolls in a single layer in the air fryer basket.
3. **Cook** the spring rolls at 400°F (200°C) for 10-12 minutes, flipping halfway through.
4. **Check** for desired crispiness. If needed, cook for an additional 1-2 minutes.
5. **Serve** the hot and crispy veggie spring rolls with your favorite dipping sauce.
6. **Enjoy!**

Expert Tips:

- **Don't Overcrowd** the air fryer basket to ensure even cooking and crispy results.
- **Adjust Cooking Time** based on your air fryer model and the brand of spring rolls for optimal results.
- **Experiment with Seasonings** by adding a sprinkle of sesame seeds or a dash of soy sauce for extra flavor.

With these simple steps and expert tips, you can enjoy perfectly cooked frozen veggie spring rolls in your air fryer, ready to be savored and shared with friends and family.

How to Cook Spring Rolls in an Air Fryer: Expert Tips

Cooking spring rolls in an air fryer is a fantastic way to achieve that perfect crispy texture while keeping them healthier than traditional frying methods. Follow these expert steps for delicious results:

1. **Preheat the Air Fryer:** Start by preheating your air fryer to the recommended temperature for spring rolls (375°F or 190°C).
2. **Prepare the Spring Rolls:** Place the frozen spring rolls in a single layer in the air fryer basket. Avoid overcrowding to ensure even cooking and crispy results.
3. **Adjust Cooking Time:** Cooking time may vary depending on your air fryer model and



the brand of spring rolls. Generally, cook the spring rolls for around 10 minutes, flipping them halfway through to ensure they cook evenly. Adjust the cooking time as needed for your specific air fryer and brand of spring rolls.

4. **Monitor the Cooking Process:** Keep an eye on the spring rolls as they cook to prevent them from overcooking or burning. You want them to achieve a golden-brown color and a crispy texture.
5. **Experiment with Seasonings:** Get creative with your seasonings to add extra flavor to your spring rolls. Consider sprinkling some sesame seeds or drizzling a bit of soy sauce over the cooked spring rolls for an extra tasty twist.

By following these expert tips and steps, you'll be able to enjoy perfectly cooked spring rolls in your air fryer, bringing a delightful crunch to your meals.

Spring Rolls in Air Fryer: Temperature and Time for Ninja Models

When cooking spring rolls in an air fryer, the right temperature and cooking time are essential to achieve the perfect texture and flavor. Here's a guide for Ninja air fryer models:

1. **Preheating:** Preheat your Ninja air fryer to 375°F (190°C) for about 3-5 minutes before adding the spring rolls.
2. **Cooking Time:** Place the spring rolls in the air fryer basket, making sure to leave space between them for even cooking. Cook them at 375°F (190°C) for approximately 8-10 minutes, flipping them halfway through the cooking time.

It's important to note that cooking times may vary depending on the size and thickness of the spring rolls, as well as the specific model of your Ninja air fryer. It's always a good idea to keep an eye on them and adjust the cooking time as needed to achieve your desired level of crispiness.

By following these temperature and time guidelines, you'll be able to enjoy deliciously crispy spring rolls made in your Ninja air fryer.

Tips to Make Air Fryer Veggie Spring Rolls Healthier

Here are some tips to make your air fryer veggie spring rolls even healthier without compromising on taste:



- **Choose Whole Wheat Wrappers:** Opt for whole wheat wrappers instead of traditional white wrappers. Whole wheat wrappers are higher in fiber and nutrients, making them a healthier option.
- **Increase Veggie-to-Filling Ratio:** Load up your spring rolls with an abundance of fresh vegetables. Increase the proportion of veggies to the filling for a nutrient-packed and lower-calorie spring roll.
- **Use Lean Protein:** Incorporate lean protein options like tofu, tempeh, or cooked chicken breast instead of fatty meats to reduce the overall calorie content.
- **Bake Instead of Frying:** If you prefer an even healthier option, consider baking your spring rolls in the oven instead of air frying. Lightly brush them with olive oil and bake until crispy for a lower-fat alternative.
- **Dip Wisely:** Pair your spring rolls with healthier dipping sauces such as low-sodium soy sauce, tamari, or a homemade sweet and sour sauce using natural sweeteners.

By following these tips, you can enjoy delicious and healthier air fryer veggie spring rolls that are perfect for parties and gatherings.

Common Mistakes to Avoid When Cooking Spring Rolls in an Air Fryer:

Cooking spring rolls in an air fryer can result in crispy and delicious appetizers, but it's important to avoid these common mistakes to ensure the best outcome:

1. **Overcrowding the Air Fryer Basket:** Avoid overcrowding the air fryer basket as it can prevent proper air circulation, resulting in uneven cooking. Leave enough space between the spring rolls to allow hot air to circulate and crisp them evenly.
2. **Not Preheating the Air Fryer:** Preheating the air fryer is essential to ensure even cooking and crispy results. Preheat the air fryer according to the manufacturer's instructions before adding the spring rolls.
3. **Skipping the Oil or Using Too Much:** While air frying requires less oil than deep-frying, it's important to lightly coat the spring rolls with oil for a crispy texture. Use a brush to lightly coat the rolls with a thin layer of oil to avoid dry and unappetizing results.
4. **Not Flipping or Shaking the Spring Rolls:** To ensure even browning, flip or shake the spring rolls halfway through the cooking process. This helps to achieve a golden and crispy exterior on all sides.
5. **Cooking at the Wrong Temperature or Time:** Follow the recommended cooking temperature and time guidelines for spring rolls in your specific air fryer model.



Cooking at too high a temperature or for too long can result in burned spring rolls, while cooking at too low a temperature may leave them undercooked.

By avoiding these common mistakes, you'll be able to master the art of cooking delicious and crispy spring rolls in your air fryer, making them a crowd-pleasing option for parties and gatherings.

Air Fryer Veggie Spring Rolls: Ideal for Parties and Gatherings

Air fryer veggie spring rolls are the perfect addition to any party or gathering. They offer a tasty and healthier alternative to traditional deep-fried spring rolls. Here's why they are an excellent choice:

- **Delicious and Crispy:** Air frying creates a crispy exterior that perfectly complements the flavorful vegetable filling of the spring rolls.
- **Healthier Option:** Compared to deep-fried spring rolls, air fryer spring rolls contain fewer calories and have lower fat content due to the minimal usage of oil.
- **Convenience:** Cooking spring rolls in an air fryer eliminates the greasy mess associated with deep-frying. There's no need to worry about oil disposal either.

So, whether you're hosting a party or simply enjoying a gathering with friends and family, air fryer veggie spring rolls are sure to be a crowd-pleasing and healthier option that everyone will love.

Air Fryer Veggie Spring Rolls vs. Deep-Fried: A Health Comparison

Health Comparison	Air Fryer Spring Rolls	Deep-Fried Spring Rolls
Calories	Fewer calories due to minimal oil usage	Higher calories due to deep-frying
Fat Content	Lower fat content	Higher fat content
Greasiness	Less greasy due to minimal oil usage	Greasier due to deep-frying
Convenience	Convenient and no messy oil disposal	Messy oil disposal and potential hazards



Health Benefits

Reduced calorie and fat intake,
healthier option

Higher calorie and fat intake, less
healthy option

Conclusion

The choice between air-fried and deep-fried spring rolls ultimately comes down to personal preference and health considerations. While air-fried spring rolls offer a healthier alternative with lower calorie and fat content, as well as less greasiness, deep-fried spring rolls provide a traditional crispy texture and flavor that some may prefer. Each method has its own advantages and disadvantages in terms of convenience and taste.

By understanding the differences between the two cooking methods and considering your dietary preferences, you can make an informed decision on which option suits you best. Whether you opt for the healthier route or indulge in the occasional deep-fried treat, enjoy the delightful flavors and textures of spring rolls in a way that aligns with your personal preferences and dietary goals.

Frequently Asked Questions

Q: Can I achieve the same crispy texture with air-fried spring rolls as with deep-fried ones?

A: Yes, air-fried spring rolls can still achieve a satisfyingly crispy texture. The hot circulating air in the air fryer helps to create a crispy exterior while retaining the tenderness of the filling.

Q: Are air fryers difficult to clean?

A: Not at all! Air fryers are generally easy to clean. Most models have removable and dishwasher-safe parts, making cleaning a breeze. Just be sure to follow the manufacturer's instructions for proper cleaning and maintenance.

Q: Can I use frozen spring rolls in an air fryer?

A: Absolutely! Frozen spring rolls can be cooked in an air fryer. Simply adjust the cooking time and temperature according to the instructions on the packaging or experiment to find the perfect settings for your desired crispiness.

Q: Are air-fried spring rolls suitable for people with dietary restrictions?



A: Air-fried spring rolls can be a great option for people with dietary restrictions. By using less oil, they can be lower in fat and calories compared to deep-fried versions. Additionally, you can customize the filling to suit specific dietary needs, such as using gluten-free wrappers or incorporating alternative ingredients.

Q: Can I make non-vegetarian spring rolls in an air fryer?

A: Absolutely! Air fryers can be used to cook a variety of spring rolls, including those with non-vegetarian fillings. You can include ingredients like chicken, shrimp, or minced meat in your spring rolls and still achieve a delicious and crispy result.

Q: Can I reheat leftover spring rolls in an air fryer?

A: Yes, air fryers can be used to reheat leftover spring rolls. Simply preheat the air fryer, place the spring rolls in the basket, and heat them at a lower temperature for a few minutes until they are warmed through. Be sure to monitor them to prevent overcooking.