

## Paleo Egg Rolls (Gluten, Grain, Dairy, and Nut Free, Autoimmune Paleo Option)

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Recipe type: Appetizer    Cuisine: Chinese

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### Ingredients

- **For the Wrappers**

- 3 cups peeled, coarsely chopped, and boiled yuca root (takes about 20 minutes to be fork-tender; do not overcook)
- ¼ cup [Avocado Oil](#) (you can use up to ½ cup if needed)
- ½ teaspoon sea salt
- Additional [Avocado Oil](#) (or [coconut oil](#) or [palm shortening](#)) for frying
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- **For the Filling**

- 1 pound ground pork (or [chicken](#), [turkey](#), or [beef](#) - pasture raised/organic when possible)
- 1 teaspoon [ground ginger](#)
- 1 teaspoon [garlic sea salt blend](#)
- 3 tablespoons [coconut aminos](#)
- 1 cup shredded, diced carrots
- 2 cups shredded, diced cabbage
- Optional: ½ teaspoon [Chinese Five Spice](#) (omit for AIP)
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- **For Dipping Sauce**

- ¼ teaspoon [gluten-free Sriracha](#) (omit for AIP)
- ¼ teaspoon hot mustard (omit for AIP)
- 2 tablespoons [coconut aminos](#)
- 1.5 teaspoons [coconut palm sugar](#)
- ½ teaspoon [apple cider vinegar](#)

### Instructions

1. Preheat oven to 350.
2. Drain your peeled, chopped, boiled yuca and place in a sturdy blender or Vitamix.
3. Pour in ¼-½ cup Avocado Oil and blend until a dough is formed (may be slightly sticky while still warm).
4. Empty contents onto parchment paper and allow to cool (this will help with the stickiness, if you experience this).
5. While dough is cooling, brown ground pork in a large skillet with seasonings (garlic salt, aminos, five spice, and ginger).
6. Add carrots and cabbage once pork starts losing its pink color.
7. Cook ingredients until meat is cooked through and veggies are softened.
8. Remove filling from heat.
9. Now take handfuls of the cooled dough and flatten them into a "tortilla" on a parchment lined baking sheet.
10. Square off the edges with your fingers, you will want these to be thin but not completely transparent.
11. Repeat until your baking sheet is full and bake for about 10 minutes (you do not want the edges to crisp, just become more solidified and less doughy).
12. Remove from the oven and repeat until all of your wrappers are made.
13. Allow the wrappers to cool before filling them.
14. Now take one wrapper and spoon about a tablespoon of the meat mixture into the center
15. As you start rolling the wrapper, tuck the corners into the ends so that the egg roll is closed from all angles.
16. Repeat until all wrappers are filled – if you have leftover meat mixture you can use it to fill lettuce leaves or make more wrappers.
17. Heat your avocado oil in a large skillet over relatively high heat (not the highest) – if your oil is not hot enough the egg rolls may stick to the pan.
18. Fry 3-4 at a time so that you may keep a close watch on them...you will want to brown all sides in the skillet.
19. Remove from heat once your egg rolls are nicely browned and repeat with the remaining egg rolls which have not been fried.
20. For Dipping Sauce, combine all ingredients and get dippin'.

