

Crispy Duck Spring Rolls

Delicious and crispy appetizer made with tender duck meat and vegetables, wrapped in a thin spring roll wrapper and deep-fried to perfection.



Appetizer

45 min

Total time

Intermediate

Difficulty

320

kcal / serving

Nutrition per serving (estimated)

Protein 18 g

Carbs 29 g

Fat 13 g

Fiber 2 g · Sugar 4 g · Sodium 620 mg

Ingredients

- 1 duck breast
- 2 tablespoons soy sauce
- 1 tablespoon hoisin sauce
- 1 teaspoon ginger, grated
- 1 clove garlic, minced
- 1 cup shredded cabbage
- 1/2 cup shredded carrots
- 2 green onions, thinly sliced
- 8 spring roll wrappers
- Vegetable oil, for frying
- Salt and pepper, to taste

Substitutions

- Duck breast** – An equal amount of cooked chicken breast, shredded.
- Green onions** – An equal amount of finely sliced chives.
- Hoisin sauce** – An equal amount of plum sauce for a similarly sweet, savory filling.

Steps

- 1 Preheat your oven to 400°F (200°C). Rub the duck breast with salt, pepper, soy sauce, hoisin sauce, ginger, and garlic. Place it on a baking sheet and roast in the oven for 15–20 minutes, or until the internal temperature reaches 165°F (74°C).
- 2 Remove the duck breast from the oven and let it cool. Once cooled, shred the meat using a fork.
- 3 In a large bowl, combine the shredded duck, cabbage, carrots, and green onions. Toss well to mix.
- 4 Take a spring roll wrapper and place it on a clean surface. Spoon about 2 tablespoons of the duck and vegetable mixture onto the center of the wrapper. Fold the sides over the filling and tightly roll it up like a burrito. Seal the edges with a bit of water.
- 5 Heat vegetable oil in a deep fryer or a large pan over medium–high heat. Once the oil is hot, carefully place the spring rolls in and fry until golden brown and crispy, about 2–3 minutes per side. Remove and drain on a paper towel-lined plate.
- 6 Serve the crispy duck spring rolls with your favorite dipping sauce.

Chef's tips

- Keep the filling fairly dry; excess moisture can soften wrappers and make them harder to crisp.
- Avoid crowding the pan while frying, which can lower the oil's heat and leave the rolls greasy.
- The rolls are ready when evenly golden with a crisp, blistered wrapper and no pale, damp patches.

Drink pairing

A crisp, dry cider

Its bright fruit and refreshing acidity complement the savory duck and cut through the fried, crunchy wrapper.

0% option: Sparkling apple juice

Storage

Refrigerate cooked leftovers within 2 hours in a covered container and eat within 3–4 days. Reheat until steaming hot; the wrappers may be less crisp after storage.

Frequently asked questions

How can I tell when the spring rolls are done?

Look for an evenly golden, crisp wrapper; pale or soft patches suggest they need a little longer.

Can I assemble the rolls ahead of time?

For best texture, fry them close to serving. If assembling ahead, keep them covered and chilled, and avoid letting the wrappers sit against wet filling for long.

What can I serve with duck spring rolls?

Serve them as an appetizer with a dipping sauce, or alongside a crunchy cabbage or carrot salad for a light meal.