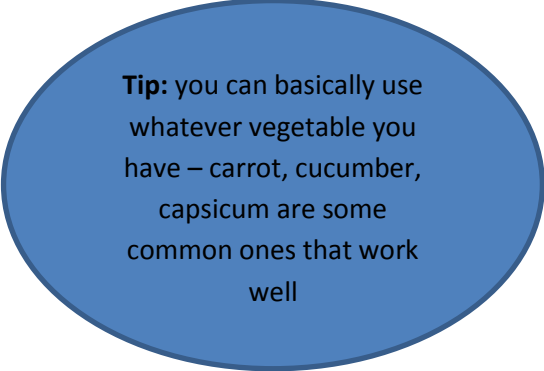


Rice Paper Rolls

Ingredients (makes about 30 rice paper rolls)

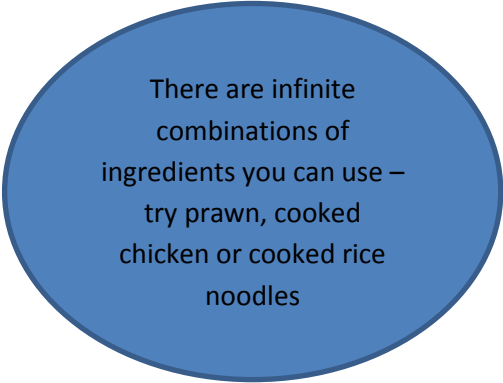
100 g snow peas
2 medium carrots, grated
1/4 green cabbage, finely shredded
30 leaves coriander or Vietnamese mint
1 tablespoon fish sauce
100 g bean shoots
8 spring onions
1 red or yellow capsicum
30 sheets rice paper
juice of 1 lemon



Tip: you can basically use whatever vegetable you have – carrot, cucumber, capsicum are some common ones that work well

Dipping sauce:

juice of 1 lemon
1 clove garlic, finely chopped
1 red chilli, deseeded and finely chopped
1 tablespoon fish sauce
1 cm piece fresh ginger, sliced



There are infinite combinations of ingredients you can use – try prawn, cooked chicken or cooked rice noodles

Preparation:

1. Finely slice / grate (e.g. carrot) vegetables. If using cabbage, finely shred and place in bowl with lemon juice and fish sauce to marinate.
2. Soak rice paper sheets in cold water (using a round baking tray or large serving dish works well) about 1-2 mins until soft and pliable
3. Lay out soft rice paper sheet and lay a combination of ingredients in a line down the middle. Tuck up the 2 ends and fold the sides over.
4. Mix all the dipping sauce ingredients in a small bowl
5. Serve cool (no cooking is required) and use sauce to dip rolls in to

Approximate nutrition information per roll : Energy 38.67kJ, protein 0.58g, total fat 0.04g, saturated fat 0g, carbohydrate 1.5g, sodium 65mg

(This will vary depending on what you add, how much filling is in the roll and whether you use dipping sauce and how much sauce is used)

Source: <http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/pages/Ricepaperrolls>