

Vegetable rice paper rolls

Ingredients

Serves 4 (3 spring rolls each)

12 rice paper sheets

½ avocado, sliced

Fillings

½ cup roughly chopped coriander

¼ cup Thai basil leaves

½ cup thinly sliced capsicum

1 carrot, sliced into thin sticks

¼ cucumber, sliced into thin sticks

1 cup lettuce, finely sliced lettuce

½ cup mung beans

¼ cup roasted and chopped peanuts

½ cup shredded cooked chicken

Method

1. Dip the rice paper sheets in cold water, lay out on a clean bench top and let them soften for a minute.
2. Select from the different fillings to make ½ cup. Place in the middle of each softened rice paper sheet.
3. Fold the left- and right-hand side of each sheet towards the middle. Repeat.
4. Roll into a cylinder shape.
5. Serve immediately or refrigerate until ready to serve.

Serving suggestions

- Serve with a Asian-style dipping sauce.

Tips

- You don't need to soak the rice paper sheets, just wet them, they will soften after a minute.
- Arrange filling so that all the pieces are in the middle of the rice paper sheet and parallel to the edge of the bench.
- Be careful not to overfill the rice paper sheets as this will make it harder to roll them into cylinders.



Equipment

- Bowls
- Cutting board and knife
- Measuring cups
- Measuring spoons

Preparation and cooking skills

Chop, handle poultry, roll, shred, slice.

Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.