

# Food skills

## Rice paper sheets

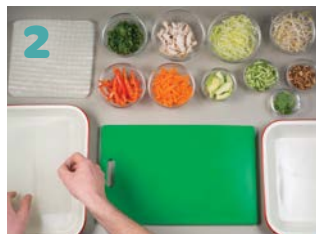
Rice paper sheets are made from rice flour and water. Some can contain tapioca flour. The sheets are made from a paste which is spread thinly over a piece of fabric and steamed, then removed and allowed to dry on bamboo mats. They are available in the dry form from most supermarkets and Asian food stores.

Rice paper sheets don't need to be soaked, just wet them, they will soften after a minute.

## How to roll and fold spring rolls



1 Dried rice paper sheets.



2 Dip the rice paper sheets into cold water and lay out on a clean chopping board or bench top. Let them soften for a minute.



3 Choose a selection of fillings. Lay them in the middle of the softened sheet.



4 Fold one side of the rice paper into the middle covering the filling.



5 Fold the other side of the rice paper into the middle covering the filling.



6 Overlap the ends of the rice paper at the top and bottom of the spring roll.



7 Start rolling at the bottom of the board and roll carefully into a cylinder shape.



8 Serve immediately or refrigerate until ready to serve.



## Rice paper spring rolls (serves 4)

### Ingredients

12 rice paper sheets  
*½ avocado, sliced*  
*½ cup coriander, chopped roughly*  
*¼ cup Thai basil leaves*  
*½ capsicum, sliced finely*  
*1 carrot, sliced finely*  
*¼ cucumber, sliced finely*  
*1 cup lettuce, sliced finely*  
*½ cup bean sprouts*  
*¼ cup peanuts, roasted and chopped*  
*½ cup cooked chicken, sliced*

### Method

1. Place all the ingredients into separate bowls.
2. Half fill a shallow dish with water. The dish needs to be big enough to fit the rice paper sheets.
3. Dip the rice paper sheets into the cold water and lay them out on a clean chopping board or bench top and let them soften for a minute.
4. Place your selection of fillings in the middle of the softened sheets.
5. Fold the two sides of the rice paper sheet towards the middle.
6. Roll carefully into a cylinder shape. Repeat for the other sheets.
7. Using a wet knife cut into 2cm slices.
8. Serve immediately or refrigerate until ready to serve.

### Important to remember:

- Rice paper sheets don't need to be soaked, just wet them, they will soften after a minute.
- Use predominantly vegetables and soft herbs as fillings.
- Try to use a combination of ingredients that balance flavour, texture and nutrients.

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[heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes) and [vegetables.co.nz](http://vegetables.co.nz)