



Rice paper rolls

GREEN (ACT & SA) / Everyday (NSW)

Makes 20 rolls

Ingredients:

- 200g dry vermicelli rice noodles
- 20 sheets rice paper (gluten-free)
- 2 cups (400g) cooked chicken, shredded
- 2 carrots, grated
- 2 cucumbers, halved, seeds removed, cut into 5cm strips
- 2 cups lettuce, shredded
- 100g bean sprouts
- 1 bunch fresh mint leaves, washed

For the dipping sauce (or replace with sweet chilli sauce):

- ½ cup Hoisin sauce
- 3 tablespoons sweet chilli sauce
- 1½ tablespoons sweet soy sauce
- 3 tablespoons fresh lime juice (or white vinegar)
- ½ teaspoon garlic, chopped
- 2 tablespoons fresh coriander leaves, chopped

Method:

1. Prep all the fillings and have them ready for assembly.
2. Place vermicelli noodles in a large saucepan or heatproof bowl, cover them with boiling water and separate with a fork.
3. Sit for approximately 5 minutes or until noodles are soft, then drain.
4. Fill a large bowl with warm water. Dip one sheet of rice paper into the water for about 10 seconds or until it starts to soften, then transfer the sheet to a dinner plate or clean, lightly sprayed stainless steel benchtop.
5. Place a few strands of vermicelli and pieces of chicken, carrot, cucumber, lettuce, bean sprouts and mint leaves on one end of the rice paper.
6. Working from the filled end, fold the short lip of the rice paper over the ingredients, then top and tail the sides before rolling all the way to the end.
7. Repeat with remaining ingredients.

For the dipping sauce:

1. Combine all ingredients in a small saucepan for 10 minutes at low heat, then set aside to cool.
2. Add coriander leaves and any leftover cucumber, finely chopped.

Variations:

- Replace chicken with cooked strips of beef or firm tofu.

- Use a few simple dollops of sweet chilli sauce instead of the dipping sauce recipe.

Tips:

- Don't leave your sheets of rice paper in the water for longer than 10 seconds, otherwise they become very tricky to handle.
- Double or triple our Vietnamese chicken noodle salad recipe and use some of it as your rice paper roll filling.

Recipe tested by JG March 2016

Nutrition information:

Rice paper rolls	Per serve (3 rolls with dipping sauce)	Per 100g
Energy (kJ)	1245	565
Protein (g)	20	8.9
Fat – total (g)	6	2.8
Fat – saturated (g)	1.5	0.7
Carbohydrates – total (g)	38	17
Carbohydrates – sugar (g)	9	4.5
Sodium (mg)	597	272
Fibre (g)	4	1.8