



RICE PAPER ROLLS

Rolls:

Rice paper (can buy from the Asian section in most supermarkets)

Thinly shredded red or white cabbage

Thinly sliced red capsicum

Thinly sliced or shredded carrot

Sliced avocado

Thinly sliced cucumber

Thinly sliced snow peas or whole beans

Fresh mint leaves

Optional:

Protein – either tofu, shredded chicken, cooked prawns or even smoked salmon

Viet Dipping Sauce (mix all together)

1 tablespoon tamari

2 tblesp apple city vinegar or coconut vinegar

1 small clove garlic crushed

Sweet additive – agave nectar, stevia or palm sugar to taste

Or

1 tablespoon sweet chilli

½ teasp sesame seeds

8-10 raw peanuts, or almonds crushed

Fresh coriander chopped

To make rolls:

Place rice paper individually into a bowl of water and soak until paper is soft to touch (only a few minutes), then remove.

Place rice paper on chopping board and start to assemble your ingredients, into the bottom quarter of the rice paper.

Once all ingredients layered on top of each other, fold the bottom quarter over the ingredients, then the sides, then roll up until a "roll" is formed.

Mix all dipping sauce ingredients together.

Serve and enjoy!