

Rice Paper Rolls



Rainbow rice paper rolls! Healthy, light and fresh. You can fill them up with any ingredient of your choice, but this sesame dipping sauce is an essential.

Ingredients

- 6 round rice paper sheets
- 200 g dried vermicelli noodles
- 1 cup carrot, grated
- 1 cup red cabbage, shredded
- 1 chicken breast, poached and sliced
- 1 avocado, sliced
- 1 cucumber, sliced
- 1 head butter lettuce
- 1 bunch mint leaves, picked
- 1 bunch perilla leaves, picked
- Sesame Dipping Sauce
- 2 tbsp tahini

1/2 tsp sugar
1 tbsp salt reduced soy sauce
1 lime, juiced and zested
1/4 cup coriander, chopped
2 tbsp hoisin
1 tbsp sriracha (optional)
1 tbsp sesame seeds, toasted

Method:

1. To make the dipping sauce, put all the ingredients in the blender and blitz till smooth. Add warm water a little bit at a time to loosen the mix to the desired dipping consistency, then mix in the toasted sesame seeds.
2. To make the rice paper rolls, dip the rice paper sheet in warm water, lay it on a chopping board. Arrange the chicken slices on the base, then add any combination of vegetables you desire. Only use a little bit of each ingredient to avoid overfilling which will make it difficult to roll. Fold the corners inwards, then take from the bottom and fold over applying pressure to ensure your spring roll is tight.
3. Serve with the sesame dipping sauce.