



BEC
BALDRY
WELLNESS



RICE PAPER ROLLS

SERVES 2

INGREDIENTS

- 6 pieces rice paper
- 100 g vermicelli rice noodles (approx.)
- 6 tsp sauerkraut or kim chi
- ½ red capsicum/s -sliced into 6 strips
- ½ avocado/s -sliced into 6 strips
- 6 lettuce leaves -small ones rolled up (or halve large ones)
- 6 sprigs fresh mint leaves (or Vietnamese mint)
- 6 sprigs fresh coriander or basil (regular or Thai basil)
- 1 tbsp black sesame seeds to garnish (optional)

DIPPING SAUCE

- 3 tbsp peanut butter
- 1 tbsp tamari
- 1 tbsp rice malt syrup
- 1 tbsp rice wine vinegar
- 1 tbsp water
- Pinch chill flakes -to taste

ADD MEAT

- If you're not vegan, feel free to add in seafood or chicken or any leftover meat

METHOD

1. Start by putting the noodles into a bowl and covering with boiling water whilst you prepare the other ingredients.
2. To make the dipping sauce, combine all of the ingredients together in a small bowl. If the sauce is too thick, you can always add a little more water, teaspoon by teaspoon.
3. Prepare your vegetables on one plate so you can work quickly to assemble each roll. Drain the noodles once they have softened into a bowl.
4. Wet a chopping board so it is damp. Take a sheet of rice paper and run it under luke warm water so both sides are wet. Lay it flat on the chopping board (it will continue to soften as it sits).
5. Place the ingredients horizontally, across the middle of the rice paper.
6. Fold the top half of the rice paper down, then fold the sides in and roll towards you tucking the ingredients in to form a neat roll.
7. You can also sprinkle with black sesame seeds to serve. Enjoy immediately with the dipping sauce.
8. Store
9. Store the sauce in an airtight container in the fridge.
10. The rice paper rolls can be stored in an airtight container lined with baking paper and covered with a wet cloth. The paper does go a bit sticky with storage so they are best enjoyed fresh.