

# VIETNAMESE RICE PAPER ROLLS

**MAKES: 15 ROLLS. SEASON: ALL.**

Vietnamese rice paper rolls make a delicious light dinner and are perfect for lunchboxes. Choose a combination of the vegetables and herbs listed below, depending on what's in season. The egg can be easily substituted for cooked chicken (skinless), tofu or tinned seafood (in spring water).



## SEASONAL OPTIONS

**SUMMER: CUCUMBER, CAPSICUM AND THAI BASIL**

**AUTUMN: CARROT, CABBAGE AND BEETROOT**

**WINTER: LETTUCE, SPRING ONION AND CORIANDER**

**SPRING: RADISH, SNOW PEAS, AVOCADO AND MINT**



## INGREDIENTS

### FOR THE FILLING

- ☐ 100g vermicelli noodles
- ☐ 15 rice paper wrappers
- ☐ 3 cups sliced or grated seasonal vegetables
- ☐ 1 cup fresh herbs
- ☐ 2 cups shredded lettuce

### FOR THE EGG OMELETTE

- ☐ 4 eggs
- ☐ 2 tsp sunflower oil

### FOR THE DIPPING SAUCE

- ☐ 1 garlic clove, peeled and finely chopped
- ☐ juice of a lime
- ☐ 1 tbsp salt-reduced soy sauce

## EQUIPMENT

- ☐ measuring cups and spoons
- ☐ medium saucepan
- ☐ chopping board
- ☐ cook's knife
- ☐ citrus juicer
- ☐ colander
- ☐ 3 mixing bowls – 1 small, 1 medium, 1 large, shallow
- ☐ whisk or fork
- ☐ wok

## WHAT TO DO

1. Fill the medium saucepan with water and bring to the boil. Cook the vermicelli noodles for 1–2 minutes. Drain and allow to cool.
2. Break the eggs into the medium bowl and whisk.
3. Heat the wok and add the oil. Pour the whisked eggs into the hot wok and cook on a high heat, until the egg is cooked right through and looks like a big omelette.
4. Place the omelette on the chopping board, slice into long slivers and set aside.
5. Half fill the large, shallow bowl with lukewarm water.
6. Dip a rice paper wrapper into the water and remove after 10 seconds. Place the wet rice paper wrapper flat onto a clean workbench or chopping board.
7. Place a small amount of vermicelli noodles, then a small amount of each ingredient onto the bottom third of the rice paper wrapper.
8. Roll the rice paper wrapper over once, fold over the loose ends and then roll up. Repeat with remaining rice paper and ingredients.
9. Mix together all the ingredients for the dipping sauce in small bowl. Serve with your rice paper rolls.