

VIETNAMESE CHICKEN SPRING ROLLS



QUICK

About 10 minutes prep time plus cooking time

HEALTHY

The Chinese leaf and carrots contain high levels of vitamin A & C, needed for healthy skin & a strong immune system

FAMILY

We each eat about 3 rolls each.

MEALS

Put everything on the table and everyone makes their own. Kids will often try new foods when they're involved in the process.

INGREDIENTS – Serves 5

with some leftover salad for later

- 15 sheets Vietnamese rice paper- aka spring roll wrappers – **must be made of rice not wheat**
- 2 chicken breasts or chicken leftovers
- ¼ Chinese leaf
- 1 carrot
- 2 handfuls mixed herbs (I use basil, mint & coriander)
- 2 spring onions
- 50g wholegrain rice vermicelli
- 2 tbs unsalted peanuts
- Serve with – soy sauce or Peanut Sauce made with 60g smooth peanut butter, ½-1 tbs soy sauce, juice of 1 lime, 3 tbs water and ½ tbs sweet chilli sauce mixed

METHOD

- 1) Cover the breasts with boiling water and cook in the oven till fully cooked (approx. 15-20 mins)
- 2) Cook the noodles according to the instructions on the pack.
- 3) Rinse when ready and put into a large bowl.
- 4) Peel and grate the carrots – add to bowl
- 5) Slice the Chinese leaf - add
- 6) Remove the stalks from the herbs and chop - add
- 7) Slice the spring onion - add
- 8) Put the peanuts into a bag, seal the bag and bash with a rolling pin till crushed - add
- 9) Mix all ingredients in the bowl
- 10) Slice the chicken into 'fingers'
- 11) Make up the peanut sauce by mixing all ingredients in a bowl or jar
- 12) Pop the rice paper wrapper into a bowl of hot water until it is soft (approx. 30 secs – 1 min)
- 13) Pop onto a plate, add 1 tbs veg mix, chicken and peanut sauce
- 14) Fold each side over the mix, then roll upwards into a roll (video demo on the website)



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com