

# VIETNAMESE VEGETABLE ROLLS



## QUICK

About 10 minutes  
prep time

## HEALTHY

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

## FAMILY

We each eat about 3 rolls each. Delicious served with miso soup

## MEALS

You can put everything on the table and everyone makes their own. Kids will often try new foods when they've been involved in the process.

## INGREDIENTS – Serves 5

with some leftover salad for later

- 15 sheets Vietnamese rice paper
- ¼ Chinese leaf
- 2 small carrots
- 2 handfuls mixed herbs (I use basil, mint & coriander)
- 2 spring onions
- 1 nest wholegrain rice vermicelli
- 2 tbs peanuts
- Optional – add chicken/turkey/beef/duck/ tofu to include more protein
- Serve with – soy sauce or sweet chilli sauce (nb sugar content in sweet chilli 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

## METHOD

- 1) Cook the noodles according to the instructions on the pack.
- 2) Rinse when ready and put into a large bowl.
- 3) Peel and grate the carrots
- 4) Put them in the bowl - as with all the other ingredients as soon as they're prepped
- 5) Slice the Chinese leaf
- 6) Remove the stalks from the herbs and chop
- 7) Slice the spring onion
- 8) Put the peanuts into a bag, seal the bag and bash with a rolling pin till crushed
- 9) Mix all ingredients in the bowl
- 10) Pop the rice paper into a bowl of warm water until it is soft (approx. 30 secs – 1 min)
- 11) Pop onto a plate, add 1 tbs veg mix (plus protein)
- 12) Fold each side over the veg, then roll upwards into a roll (video demo on the website)
- 13) Dip into sauce and enjoy



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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](http://www.quickhealthyfamilymeals.com)