

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

Try putting it out on the table and let everyone make their own. Kids will often try new foods when they've been involved in the process.

INGREDIENTS – Serves 5

- 15 sheets Vietnamese rice paper
- ¼ Chinese leaf
- 1 large carrot
- 30g basil
- 30g mint
- 2 spring onions
- Optional – tofu

Peanut Sauce

- 60g smooth peanut butter
- ½-1 tbs soy sauce
- Juice of 1 lime
- 3 tbs water
- ½ tbs sweet chilli sauce

METHOD

- 1) Peel and grate the carrot – add to bowl
- 2) Slice the Chinese leaf - add
- 3) Remove the stalks from the herbs, chop & add
- 4) Slice the spring onion - add
- 5) Mix well
- 6) Make the sauce by mixing all the sauce ingredients together in a jar and shake
- 7) Pop the rice paper into a bowl of hot water until it is soft (approx. 30 secs – 1 min)
- 8) Pop onto a plate, add 1 tbs veg mix and 1 tsp sauce
- 9) Fold each side over the veg, then roll upwards into a roll (video demo on the website)
- 10) 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