

Rice Paper Rolls

Serves: 4 (makes 12 rolls)

Prep time: 30 minutes

Cook time: 15 minutes



1 serve per portion

Ingredients

125g dried rice vermicelli noodles

1 tablespoon soy sauce *OR* 1 tablespoon fish sauce

Juice of 1 lime

12 large rice paper roll rounds

1 cup poached chicken, shredded (*optional*)

½ carrot, julienned or grated

½ cucumber, julienned

¼ small red cabbage, finely shredded

½ cup fresh coriander leaves

⅓ cup fresh mint leaves

Method

PLACE the noodles in a heatproof bowl. Cover with warm water and aside for 15 minutes or until softened. Drain. Cut into 5cm lengths.

MIX the soy or fish sauce and lime juice in a bowl and pour over the vermicelli noodles to marinate.

DIP one rice paper round in a bowl of lukewarm water for a few seconds to soften. Stretch out across a dampened chux cloth or paper towel (this will help prevent the roll from sticking).

ARRANGE the vermicelli noodles along the centre of the round. Layer the chicken and vegetables then top with the herbs.

FOLD ends of the roll in and roll up firmly to enclose the filling.

REPEAT with remaining rice paper rounds.

Note: Store rice paper rolls with damp paper towel or cling film in between so that they do not stick together.



Everyday Food

Recipe courtesy of the Country Kitchens team