



**Season:** Late spring/summer  
**From the garden:** Cucumber, capsicum, carrots, fresh mint or herbs (optional)  
**Type:** Starter or snack  
**Difficulty:** Easy  
**Country of origin:** USA  
**Serves:** 30 small tastes  
**Source:** Adapted from [www.superhealthykids.com](http://www.superhealthykids.com)

### Equipment

- Measuring cups and spoons
- Medium bowl
- Wooden spoon
- Cook's Knife
- Chopping board
- Vegetable peelers
- Butter knife
- Plates to serve

### Ingredients

- 1 cup (250gm) cream cheese or 1 cup of hummus (see Garden to Table recipe)
- 2 medium capsicums, yellow or red
- 4 medium carrots
- 4 telegraph cucumbers (the long thin ones)
- 1 cup mint or basil or coriander or chives (optional)

### How to make it

- Leave the cream cheese out of fridge for 15 minutes and mix with a spoon to soften. Or make the hummus following the recipe.
- Cut the capsicums and carrots into small matchstick size pieces (julienne).
- Wash and dry the cucumber then using a vegetable peeler, slice into thin strips (thinner cucumbers work best). Don't use the inner seedy part as this will break apart when you roll it.
- Wash and pick the leaves off the mint or herbs and put the stalks in the compost.
- Spread a thin layer of cream cheese or hummus down each cucumber slice. On one end, place a handful of carrot and capsicum so the pieces stick out each side, along with fresh herb leaves if using.
- Roll up and serve! You can secure the rolls with a toothpick if they won't stay rolled up.

### Notes:

- Cucumber is actually a fruit!
- Courgettes can be used in place of cucumber.
- Julienne = slice vegetables into thin strips the size of a matchstick.

### Skills:

- Chopping, **beating\***
- \* Beat: To mix quickly