



RICE PAPER ROLLS WITH VIETNAMESE DIPPING SAUCE

Season:	All year round
From the garden:	Carrots, snow peas, spring onion, coriander, mint, cabbage
Type:	Light meal or main
Difficulty:	Easy
Country of origin:	Vietnam
Serves:	Around 30 rolls
Source:	Jiuan Kok, Kitchen Specialist, East Tamaki School

Equipment

***Chopping board**

***Knife**

***Measuring cup**

***Measuring spoon**

***Bowls**

***Grater**

***Frying pan**

***spatula**

***colander**

Ingredients

***100 g vermicelli noodles**

*** 3 eggs**

***around 3 cups of chopped vegetables and herbs**

***30 rice paper wrappers**

***½ cup nuts (peanuts or cashew nuts, optional)**

***1 tbsp oil**

***salt and pepper**

Dipping Sauce:

***2 cloves garlic**

***2 tbsp chopped coriander**

***2 tbsp chopped mint**

***2 tbsp cup fish sauce**

***2 tbsp soy sauce**

***1 tbsp rice vinegar**

***3 tbsp sugar**

***zest and juice of 1 lemon or lime**

***chopped fresh chilli or 1 tsp chilli flakes
(optional)**

Method

- 1. place noodles into a bowl and cover with boiling water, leave to soften for around 5 minutes and then drain. cut into around 5 cm long pieces**
- 2. break the eggs into a bowl, season with salt and pepper and whisk**
- 3. heat 1 tbsp oil in a frying pan, add the egg and swirl the egg mixture in the pan to spread it out evenly**
- 4. lightly brown both sides of the omelette, remove from the pan, roll it up and cut into fine strips. set aside**
- 5. wash and shred the leafy vegetables finely, grate the carrots and finely slice the snow peas**
- 6. if using nuts, toast until brown in a dry frying pan**
- 7. mix vegetables, omelette, noodles and nuts (if using) in a big bowl**
- 8. to assemble rice paper rolls, dunk a wrapper into warm water and leave for around 30 seconds until it is soft and pliable**
- 9. spread the soft wrapper onto a damp tea towel, place 2 tbsp of filling into the middle, fold in the sides and roll up**
- 10. for the dipping sauce, peel and mince the garlic, chop the herbs finely and mix with all the other ingredients**
- 11. place rice paper rolls on a plate and serve with the dipping sauce**

