

FRESH NOODLE AND VEGETABLE ROLLS

Preparation time: 30 minutes

Cooking Time: 10 minutes

Serves: 12



Ingredients

- 80g rice vermicelli noodles
- 1 medium carrot, grated coarsely
- 1 medium cucumber, deseeded and finely sliced
- 1 medium red capsicum, finely sliced
- 1/4 small Chinese cabbage, finely shredded
- 1/2 cup coriander leaves
- 1/2 cup mint leaves, whole
- 12 x 22cm rice paper wrappers

Dipping Sauce (optional)

- 1/4 cup caster sugar
- 2/3 cup water
- 1 birds eye chili, halved and sliced (optional)
- 1/4 cup lime juice
- 2 tsp rice wine vinegar
- 2 tsp reduced salt soy sauce

Nutritional Information:

- Kilojoules 140 kJ
- Calories 35 cal
- Protein 1 g
- Total fat 0.5 g
- Carbohydrate 7 g
- Sodium 10 mg
- Potassium 105 mg
- Calcium 20 mg
- Iron 0.5 mg
- Fibre 1 g

Method

1. Soak noodles in boiling water in a large heatproof bowl for 5 minutes; stir to separate strands, then drain. Using scissors, cut noodles into shorter lengths.
2. Place noodles in a large bowl; drizzle with 2 tablespoons of the dipping sauce. Add vegetables and herbs; toss to combine.
3. To assemble rolls, place 1 sheet of rice paper in a medium bowl of warm water until just softened. Lift sheet from water carefully; place on a board covered with a clean tea towel. Place 1/3 cup of mixture across lower part of the wrapper, in a neat horizontal pile. Fold bottom end over, then sides and roll up tightly. Place on a platter. Repeat with remaining rice paper sheets and vegetable filling.
4. To make dipping sauce, combine sugar and water in a small saucepan over low heat. Stir until sugar dissolves. Add chili; bring to the boil. Reduce heat slightly and simmer for 5 minutes. Pour sauce into a heatproof bowl; cool. Stir in remaining ingredients.

Tips

Each teaspoon of dipping sauce contains approximately 15kJ, 1g of carbohydrate and 5mg of sodium not included in the nutritional information above.

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