

Fresh Rice Paper Rolls with Maple and Soy Dipping Sauce

Serves 3 (4 rolls per serve)

This dish will not disappoint. It has a slightly sweet and salty maple soy dipping sauce combined with fresh rice paper rolls filled with vibrant crunch veggies, rice vermicelli noodles and the protein of your choice. It's the perfect plate for an afternoon get together or a light finger food meal.

Prep time: 40 minutes

Cook time: 5 minutes

Makes: 12 rolls (24 pieces)

Ingredients

RICE PAPER ROLLS

- 12 rice paper wraps
- 350g cooked chicken or tofu
- 1 medium carrot
- 1 small cucumber
- 1 red or yellow capsicum
- ½ cup of red cabbage (grated or thinly sliced)
- 1 cup of lettuce leaves
- 1 cup of fresh mint/basil/coriander
- 60g rice vermicelli
- 1 tsp sesame seeds, toasted

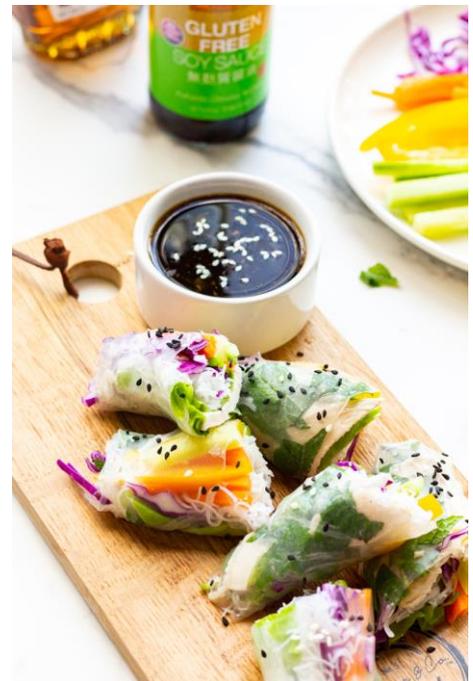
MAPLE SOY DIPPING SAUCE

- 3 tbsp **Gluten Free Lee Kum Kee Gluten Free Soy Sauce**
- 2 tbsp maple syrup
- ½ tsp crushed or grated ginger

Method

PREP

1. Prep the vegetables by slicing the carrot, cucumber and capsicum into thin strips/match sticks). Thinly slice the cabbage and wash the lettuce leaves. Finely chop the mint.
2. If needed cook the chicken or tofu (this will add extra cook time) - we just used some leftover chicken.
3. Boil the rice vermicelli for 2 minutes. Then drain and toss with a little bit of olive oil.
4. Make the dipping sauce by whisking together the soy sauce, maple syrup and crushed ginger. Taste the sauce and adjust as needed. You could add a little squeeze of lemon juice or a couple of drops of sesame oil if you are feeling adventurous. A pinch of chilli flakes or sesame seeds would also work too!
5. Thinly slice the chicken or tofu.



MAKE THE ROLLS

1. Fill a large bowl with warm water (flat pasta bowl or baking pan also works well). One at a time dip the rice paper wrapper into the warm water until you feel it start to soften (15 to 20 seconds or follow packet instructions). Then place the wrapper on a damp tea towel.
2. On the bottom third of the wrapper place a few carrot, capsicum, and cucumber sticks, as well as a sprinkle of red cabbage. Then add a small layer of cooked chicken, chopped mint and lettuce. Try not to overstuff the roll otherwise things will get messy!
3. Roll it up. The tighter the better for rice rolls. Here's how we do it. Fold the two small sides up (like a burrito), then gently pull up the bottom of the roll and roll over the filling (as you roll tuck the filling in using your hands).
4. After wrapping each roll place on a plate, cut in half and sprinkle with sesame seeds. Serve with the soy maple dipping sauce.

Recipe provided by Alana Scott



Alana has Irritable bowel syndrome and Coeliac disease. She is allergic to nuts and intolerant to dairy products. Hence, she understands how difficult it can be to cook with food intolerances. Her recipes inspired her to found A Little Bit Yummy, where she shares her recipes.