

# Fresh Rice Paper Rolls with Tempeh & Satay sauce

Serves 3 (4 rolls per serve)

## Ingredients

### Marinated Tempeh:

- 250 g tempeh
- 1 1/2 tbsp soy sauce\*
- 1 1/2 tbsp pure maple syrup\*
- 2 tsp sriracha sauce
- 1/2 tsp crushed ginger\*
- 1/2 tbsp neutral oil (rice bran, canola, sunflower)

### Peanut Satay Sauce:

- 4 tbsp peanut butter\*
- 2 tbsp lemon juice\*
- 2 tbsp water
- 3 tsp brown sugar
- 1 1/2 tsp soy sauce\*
- 1/2 tsp garlic infused oil\*
- 1/2 tsp crushed ginger\*

### Rice Paper Rolls:

- 12 rice paper wrapper
- 1 small cucumbers
- 120 g (1 large) carrot (cut into matchsticks)
- 90 g (1 cup) red cabbage (finely sliced)\*
- 12 g (1/2 cup) fresh mint (roughly chopped)
- 10 g (1/2 cup) fresh coriander (roughly chopped)



## Method

1. Prep In Advance
2. Prep the tempeh. Slice into large rectangles, place in a small saucepan and cover in hot water. Bring the water to a boil, turn down the heat and allow to simmer for 10 minutes. Then drain. Place the tempeh in a bowl or container. In a separate glass or small bowl, whisk together the soy sauce, maple syrup, crushed ginger and sriracha sauce. Then pour over the tempeh. Allow to marinate for at least 2 hours or overnight in the fridge.
3. Create the Rolls
4. Prep the satay sauce. Soften the peanut butter in the microwave for 30 seconds. Place all the ingredients in a small bowl. Then blend using a fork until smooth. You might need to add another 1 to 2 tablespoons of water to loosen the mixture if needed.
5. Heat a large frypan over medium high heat. Add the neutral oil. Fry the marinated tempeh for 3 to 4 minutes each side until golden brown. Remove and slice into pieces (you want the same number of pieces as rice wraps).
6. Prep your vegetables. Slice the cucumber into small sticks, cut the carrot into small match sticks, thinly slice the red cabbage and chop the fresh herbs.
7. Fill a large bowl with warm water. Dip the rice paper wrapper into the water until you feel it start to soften (15-20 seconds). Place the wrapper on a damp towel.
8. On the bottom third of the wrapper, place a small amount of carrot, cucumber, and red cabbage, then top with fresh herbs and tempeh. Try not to overstuff the roll!

9. Roll it up: fold the two small sides up (like a burrito), then gently pull the bottom of the roll up and over the filling (tuck the filling in using your hands). Repeat with the remaining wrappers and fillings.
10. Serve the rice paper rolls with the satay dipping sauce.
11. Storage Tips: Wrap the rice rolls individually in plastic wrap or in a damp tea towel in an airtight container - make sure you separate the wraps otherwise they will stick together. Store in the fridge for up to 2-3 days.

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.