



VIETNAMESE RICE PAPER ROLLS

INGREDIENTS

MAKES 30

- 120g vermicelli noodles
- 3 carrots
- 1 bok choy
- Handful of sugar snap peas
- 1 bunch coriander
- ½ bunch mint
- 30 rice paper wrappers
- 3 eggs
- Soy sauce
- Rice bran/coconut oil

DIPPING SAUCE

- 1 clove garlic
- ½ lemon/lime
- 1 teaspoon brown sugar
- 2 tablespoons vinegar
- 2 tablespoons soy sauce
- Splash of sesame oil

EQUIPMENT

- Several small/medium bowls
- Large flat bowl
- Sharp knives
- Chopping boards
- Medium saucepan
- Tea towels
- Wok
- Vegetable peeler

INSTRUCTIONS

1. Prepare the vermicelli noodles by cooking in boiling water for 2 mins. Drain, rinse with cold water and set aside.
2. Using a vegetable peeler, make ribbons from carrot.
3. Finely slice bok choy, including stems.
4. Finely slice sugar snap peas lengthways. Pick off mint and coriander leaves.
5. Whisk the eggs in a medium bowl, add a splash of soy sauce.
6. Heat the wok and add the oil. Pour the egg mix into the hot wok and cook until the mix is cooked right through and looks like a big omelette.
7. Remove from the wok, place on the chopping board and slice into long slices.
8. Fill a large, shallow bowl with warm water and place it on the workbench.
9. One at a time, immerse each rice paper wrapper into the bowl for about 30 seconds. Lift the wrapper from the water and place on a chopping board.
10. Place a small amount of vermicelli noodles, then a small amount of each ingredient onto the bottom third of the rice paper.
11. Roll over once, tuck the loose ends into the roll and then roll up.
12. Repeat steps 10-12 until you have used all your filling.
13. To make the dipping sauce, crush the garlic and place in a small bowl. Juice the lemon/lime and add to the bowl. Add sugar, vinegar, soy sauce and sesame oil and whisk with fork /wire whisk.

FROM THE GARDEN

- Carrot, Bok choy/silverbeet, Sugar snap peas, Coriander, Mint, Eggs



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