

Veggie Rice Paper Rolls

Makes 6 rolls

Gluten free, rice paper rolls filled with healthy salads are great as appetisers, snacks or as part of a main meal.



Ingredients | Method

- 1 carrot, peeled and julienned (cut into fine strips, like matchsticks)
- 1 small cucumber, julienned
- 1 avocado, sliced thinly
- 3 handfuls fresh spinach
- 6 sprigs coriander
- 6 rice paper sheets

- 1 Prepare all fresh ingredients and set aside.
- 2 Wet a tea-towel and place on bench. Fill a container big enough to fit a rice paper sheet in with hot water. Place one rice paper sheet into hot water and let soak for approx. 10 seconds. Pull out and place onto wet tea-towel.
- 3 Place a small amount of each salad ingredient 10 cm in from the side of rice paper sheet, fold in sides and roll lengthways to make a roll. Repeat with remaining rice paper sheets. Serve with dipping sauce of your choice.

Recipe #28 – courtesy of Depot Food Company

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