Snack

Crisp Vegetable and Vermicelli Rice Paper Rolls

Silky rice paper wrappers hold a tangle of vermicelli tossed with crisp vegetables and fragrant herbs, with a sweet chilli lime dipping sauce alongside.



Nut free

30 min	59	12.8 g	6.2 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 80 g 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

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

Nutrition Facts

Per serving

Calories	59
Total fat	0.5 g
Saturated fat	Not listed
Sodium	10 mg
Total carbs	12.8 g
Fiber	1 g
Total sugars	6.2 g
Protein	1 g

Method

- [ ] 1 Stir the caster sugar into the water in a small jug until it dissolves.
- [ ] 2 Mix in the lime juice, rice wine vinegar and reduced salt soy sauce, and add the birds eye chili if you like some heat; this makes the optional dipping sauce.
- [ ] 3 Put the rice vermicelli noodles in a large heatproof bowl, cover with boiling water and leave for 5 minutes; give them a stir to separate the strands, then drain.
- [ ] 4 Use scissors to snip the noodles into shorter lengths.
- [ ] 5 Transfer the noodles to a large bowl and drizzle over 2 tablespoons of the optional dipping sauce.
- [ ] 6 Add the carrot, cucumber, red capsicum, Chinese cabbage, coriander leaves and mint leaves, then toss everything until evenly combined.
- [ ] 7 Soften one 22cm rice paper wrapper by dipping it into a medium bowl of warm water until just softened.
- [ ] 8 Lift the wrapper out carefully and lay it flat on a board covered with a clean tea towel.
- [ ] 9 Spoon 1/3 cup of the filling across the lower part of the wrapper in a neat horizontal pile.
- [ ] 10 Fold the bottom end over the filling, fold in both sides, then roll up tightly.
- [ ] 11 Set the finished roll on a platter and continue with the remaining wrappers and filling.

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