



Vietnamese Cold Roll

Makes 20

INGREDIENTS

- 20 small dried rice paper sheets
- 1 cucumber, finely grated or cut into strips
- 1 carrot, finely grated
- 50g beansprouts
- 100g brown rice vermicelli noodles, cooked and rinsed in cold water
- 20 medium-sized cooked prawns, sliced into half (can use fresh or frozen; boil and cool before using) or grilled chicken fillet/breast, sliced in thin slices
- 4 tablespoons coriander, roughly chopped
- 4 tablespoons mint leaves, roughly chopped

Dipping sauce 1

- 4 tablespoons sweet chili sauce
- 1 tablespoon grated peanuts

Dipping sauce 2

- 4 tablespoons hoisin sauce
- 2 green spring onions, thinly sliced
- 3 tablespoons fresh lime juice (bottled pure lime juice or fresh limes)
- 3 teaspoons fish sauce
- 3 teaspoons unsalted peanut butter
- Pinch of brown sugar or 1 teaspoon honey

METHOD

1. Dip rice paper sheet in water for a few seconds. Shake off excess water and allow it to soften.
2. Put small amounts of cucumber, carrot, beansprouts, vermicelli, prawns or chicken slices, coriander and mint leaves on one corner of the rice paper and roll it up into a spring roll.
3. Repeat steps 1 and 2 for all rolls.
4. Serve rolls immediately or place rolls in a covered container and refrigerate before serving.
5. Prepare dipping sauce by combining all ingredients. Mix well.
6. Serve the rolls with sauce for dipping.

NUTRITIONAL VALUE

(per roll with prawn, without sauce)

Energy: 59kcal
Carbohydrates: 9.6g
Protein: 4.0g
Fat: 0.4g
Saturated Fat: 0g

Cholesterol: 29mg
Dietary Fibre: 0.4g
Sodium: 84mg



越南春卷

可做出**20**卷

材料

- 20片越南春卷皮
- 1个黄瓜，切碎或切丝
- 1个萝卜，切碎
- 50克豆芽
- 100克糙米米粉，煮后过冷水
- 20只中虾，煮熟，切半（新鲜或冷冻虾；煮熟待冷后使用）或烤鸡肉片/鸡胸肉，切成薄片
- 4汤匙芫荽，切碎
- 4汤匙薄荷叶，切碎

酱料 1

- 4汤匙甜味辣椒酱
- 1汤匙磨碎花生

酱料 2

- 4汤匙海鲜酱
- 2条青葱，切碎
- 3汤匙酸甘汁（罐装纯酸甘汁或新鲜酸甘）
- 3茶匙鱼露
- 3茶匙无添加盐份的花生酱
- 1小撮红糖或1茶匙蜂蜜

做法

1. 把越南春卷皮浸在水里几秒钟。甩掉额外水分，让它软化。
2. 把少许的黄瓜、萝卜、豆芽、米粉、虾或鸡肉、芫荽和薄荷叶放在越南春卷皮的一角，把它卷成春卷
3. 重复步骤1和2，完成所有的越南春卷。
4. 可以马上食用或把它放在盒子后放入冰箱冷藏以待食用。
5. 准备酱料。把所有材料混合均匀。
6. 把越南春卷配酱料食用。

营养分析

（每条春卷，不包括酱料）

热量：59卡路里	胆固醇：29毫克
碳水化合物：9.6克	膳食纤维：0.4克
蛋白质：4.0克	钠：84毫克
总脂肪：0.4克	
饱和脂肪：0克	