



Clean Eating

RICE PAPER ROLLS WITH TAMARI DIPPING SAUCE



2 servings



20 minutes

INGREDIENTS

- 12 rice paper wrappers
- 1 carrot, cut into matchsticks
- 1 medium cucumber, deseeded, cut into matchsticks
- ½ red bell pepper (capsicum), thinly sliced
- ¼ head red cabbage, thinly sliced
- ½ cup snow peas, topped and tailed, cut into matchsticks
- ½ bunch cilantro
- 1 avocado, thinly sliced

Dipping Sauce

- 1 tablespoon tamari
- ½ lime, juiced
- 1 tablespoon rice wine vinegar
- ½ tablespoon sesame seeds
- 1 teaspoon sesame oil

it's about the

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DIRECTIONS

- Wash and prepare vegetables. Set aside on a plate ready for rolling.
- Mix together your dipping sauce ingredients in a small bowl and set aside.
- Fill a large bowl or baking dish large enough to dip your rice paper wrappers in with room temperature water.
- Working with one at a time, submerge 1 rice paper wrapper in the water for 10 – 30 seconds until soft and pliable.
- Lay the wrapper on a large piece of parchment paper or on a chopping board.
- Arrange ingredients on top of each other, leaving at least an inch on the sides (the fresh ingredients should be no longer than 3 inches).
- Bring the bottom of the wrapper up and over the pile and begin to roll gently, making sure you don't tear the delicate wrapper. Tuck the ends in as you go. Set each roll aside until all rolls have been assembled.
- Cut in half and serve with dipping sauce.

CREDIT: Rachel Morrow foodmatters.com