

Rice paper rolls

Makes 10

Ingredients

- 50g rice vermicelli noodles
- 2 carrots
- 1 red capsicum
- 2 cucumbers
- 100g bean shoots
- 10 rice paper sheets



Method

1. Soak noodles in hot water until they are soft and transparent. Drain and set aside.
2. Peel and grate carrots.
3. Wash and finely slice capsicum and cucumber.
4. Thoroughly wash bean shoots and drain.
5. Soften rice paper sheets with water and keep moist by covering the stack with a damp towel.
6. Lay out a rice paper wrapper flat on a plate or chopping board, add noodles and vegetables as desired.
7. Fold the bottom of the rice paper roll up to cover the filling, then fold in each side and roll.

Optional: Add some shredded chicken breast or prawns to make these yummy rolls into a more filling meal. Serve with a dollop of sweet chilli sauce

NUTRITION INFORMATION		
Servings per recipe: 10		
Average serving size: 93g (1 roll)		
	Per serve	Per 100g
Kilojoules (kJ)	285	308
Protein (g)	1.0	1.0
Total fat (g)	0.1	0.2
- Saturated fat (g)	0.0	0.0
Carbohydrates (g)	14.4	15.6
- Sugars (g)	2.2	2.3
Fibre (g)	1.8	2.0
Sodium (mg)	109	118

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines