

Vegetable spring rolls |

Recipe for 4 servings

Description

A rice roll with carrot, soy, radish, parsnip, mint leaf and chives, served with a sweet and sour sauce.

Note

You can use the sauce for both spring rolls and grilled meats, or you can add a pretty mint leaf as a finishing touch to the rolls, or thinly sliced vegetables, which is the key to success.

Ingredients

Spring roll

- 100 Gr Rice vermicelli
- 8 Unit(s) Rice paper
- 25 Gr Black sesame seeds
- 1 Heart of lettuce Boston lettuce
- 1 Unit(s) Carrot
- 16 Leaf(ves) Mint
- 0.50 Bunch(es) Chives
- 1 Cup(s) Sprouted soybeans
- 0.25 Unit(s) Cucumber
- Salt and pepper

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- 4 Tbsp Fish sauce Nuoc-mâm
- 2 Tbsp White wine vinegar
- 2 Tbsp Sugar
- 3 Clove(s) Chopped garlic
- 0.50 Unit(s) Red pepper
- 2 Sprig(s) Coriander
- 12 Unit(s) Crushed peanuts
- Salt and pepper

Preparation

- Preparation time **30 mins**
- Resting time **0 mins**

Spring roll

Pour boiling water over the vermicelli and leave to stand for 5 minutes. Rinse in cold water, then drain. Soften a rice paper in hot water, place on a damp cloth and sprinkle with sesame seeds. Place lettuce leaves, cooked vermicelli in the center of the lettuce, grated carrot, bean sprouts, cucumber sticks, mint and a few sprigs of chives, then season with pepper.

Start wrapping the filling around the dough, then fold each side inwards to enclose the filling, with the dough in front on top of the filling, then use a rolling motion to close with the top part. Place your rolls on a plate, then cover with cling film.

Sweet and sour sauce

Wash the vegetables, grate the carrot, chop the bell pepper and garlic. Mix with the fish sauce, vinegar, sugar and pepper. Add the vegetables.

Bon appétit!