

For more tasty, healthy and easy to make Recipes scan the QR codes or visit:
www.goodfoodforgoodhealth.com.au



Good Food
for Good health



Vietnamese rice paper rolls

Serves: 4

Prep Time: 30 minutes



INGREDIENTS

- (20 sheets) Rice paper wrapper
- (2 medium) Lean chicken breast, raw
- (1 bunch) Fresh mint
- (1/2 bunch) Fresh coriander
- (2 cup) Fresh bean sprouts
- (1 cup) Cos lettuce
- (1 medium) Cucumber
- (1 medium) Peeled carrot
- (1/2 cup) Nuoc Cham
- (2 tbsp) Vegetable oil

PROCEDURE

1. Cook the chicken in a pan with the oil.
2. Remove the mint and coriander leaves from their stems.
3. Cut the cucumber and carrot in half lengthways, and then slice diagonally very thinly.
4. Shred the lettuce leaves.
5. Boil water in the kettle or a pan, and put it into a container large enough to fit the rice paper sheets. Place a sheet of rice paper in the water for 10 seconds and remove. The rice paper will now be soft. Place two (2) prawn halves and some vegetables on top of the rice paper, and roll.
6. To form the roll, place the fillings at the bottom of the piece of rice paper, roll over once, then bring the sides of the rice paper over the ingredients. Then, roll the rest of the paper.