
RECIPE

Rice Paper Rolls



Ingredients

2 carrots, thinly sliced
2 cups white cabbage, thinly sliced
3 Spring onion, sliced
3 cup bean sprouts
3 stalk celery, thinly sliced
8 cloves garlic, finely chopped
Rice paper – 16 sheets

Method

Fry garlic in small amount of coconut oil, add a pinch of salt and pepper.

Add the cabbage, carrot and celery and cook for 4 minutes.

Add the bean sprouts and spring onion and cook for a further minute.

Dampen the rice paper with warm water until they soften – do one sheet at a time.

Add $\frac{1}{4}$ of the ingredients into the rice paper and roll up, like a spring roll. Repeat 3 more times.

Serve with satay sauce.

** These rolls can be made vegetarian, with chicken or with prawns (shrimp). If using chicken/shrimp – cook 100g of either prior to cooking the vegetables and then start cooking as per above.

Serves 4