

# Vietnamese Rice Paper Rolls

Bialik College Kitchen Garden Program



## Ingredients:

- 120g vermicelli noodles
- 2 carrots
- 2 cucumbers
- 1 zucchini
- 1 cup Thai Basil/mint leaves
- 1 cup coriander leaves
- handful of bean shoots
- 4 eggs
- 2 tablespoons rice bran oil
- 24 small rice papers
- 2 tablespoons soy sauce
- ½ lime, juiced
- Small piece of ginger

## Equipment:

- knives
- chopping boards
- salad spinner
- mixing bowls
- measuring spoons
- whisk
- wooden spoon
- frypan
- egg flipper
- citrus juicer
- grater
- tongs
- serving platters

## Method:

1. Cook the vermicelli noodles according to instructions on the packet, then drain and allow to cool.
2. Whisk the eggs in a bowl. Put frypan on high heat and add the oil. Pour the egg mix into the hot frypan and cook on high heat until the mix is cook right through and looks like a big omelette. Remove from the frypan, place on a chopping board and slice into long slithers.
3. Finely slice the cucumbers, carrots and zucchini into long, thin slices – about 5mm thick and 50mm long.
4. Cut Cucumber, Zucchini, and Capsicum into long, thin strips. Use a peeler to peel the carrots into ribbons.
5. Pick the leaves off the Coriander stalks, discard the stalks into the compost bowl and then chop or tear the leaves. Repeat this step with the Thai basil/mint.
6. Grate ginger.
7. Place all chopped ingredients into a large bowl, add lime juice, soy sauce and grated ginger. Mix well using tongs to coat all vegetables with dressing.
8. Place one sheet of Rice Paper in a large bowl of warm water for 10 seconds, gently lift from water and place on a clean chopping board.
9. Place a small amount of noodles on one side of the Rice Paper. Top the Noodles with a small amount of the mixed vegetables and herbs.
10. Fold Rice Paper over the filling. Fold in both sides and roll firmly.
11. Repeat with remaining filling and sheets.
12. Stack the rice paper rolls onto a serving platter for each group.