

Rice Paper Rolls

Bialik College Kitchen Garden Program



Ingredients:

- 1 bunch Vietnamese mint/basil
- 1 bunch shiso leaves
- iceberg lettuce, shredded
- vermicelli noodles, cooked according to packet instructions
- cucumbers, julienned
- carrot, grated
- avocado, thinly sliced
- green mango, julienned etc...
- rice paper

Equipment:

- chopping board
- knife
- large bowl
- saucepan
- colander

Method:

1. Organise all the ingredients that you are going to put into the rice paper rolls. Whether you are grating, chopping, cooking the noodles etc... Place them in separate bowls so you can choose what you are putting in your rolls.
2. Dip one sheet of rice paper in warm/hot water for 4-5 seconds and then place the sheet on a wet tea towel.
3. Place a shiso and mint/basil leave in the middle of the rice paper and top with whatever you want.
4. Fold in the left hand side of the rice paper and then the right and let the edges touch each other with a small overlap.
5. Then roll up firmly and neatly.
6. Repeat process and place rolls on a sheet of banana leaf.
7. Serve with sweet chilli sauce/hoisin/soy.