



These Veggie Rolls are super delicious and quick to make. They are ideal as a nibble at a party or get-together.

Here is the printable version if you'd like to print them out and give them a go.

INGREDIENTS

1/2 tsp grapeseed oil
3 Cloves Garlic (or 1 heaped tsp minced garlic)
1 1/2 tsp soy sauce
1/3 C minced green onions
2 Tb minced ginger
1/2 tsp toasted sesame oil
Handful whole lettuce leaves
1 cucumber
Handful of sugar snap peas
1 carrot
1 C coriander, chopped
1/2 pack of rice vermicelli
1 pack large rice paper wrappers
Sweet Chilli Sauce

HOW TO

1 - Chop the carrot, cucumber and sugar snap peas into thin matchsticks, about 5cm long.

2 - Heat up the grapeseed oil in a large wok. Add the garlic, soy sauce, green onions, ginger and cook for a minute. Add the sesame oil, carrots, sugar snap peas and cook for a further 2 to 3 minutes, until the veggies are coated in the mixture and warmed up.

2 - Make the rice vermicelli as per the instructions on the pack. Once done, add to the above mixture, coating the noodles in the sauce. Remove from the heat.

3 - Add the coriander

4 - Make the rolls: grab a saucepan, fill with warm water and place a single rice paper wrapper at a time. When it becomes clear and supple (about 30seconds), remove from the water, allow the excess water to drip off and place on a flat plate. Fold the wrapper in half and lay down a piece of lettuce in the middle of the centre point. Now top the lettuce leaf with the filling, adding a generous amount of the mixture. Tuck the left hand side of the wrapper over and under the mixture, then fold up the bottom of the wrapper. Close the spring roll by folding the right hand side over the roll and tucking underneath.

Serve with sweet chilli sauce and dunk away!