

CRUNCH TIME

Rice Paper Rolls



Serve information:

1 plate with 8 Rice Paper Rolls and dipping sauce

INGREDIENTS - PASTRY TART BASE:

1 Carrot
1 Lebanese cucumber
1/2 Red capsicum, deseeded
1 Avocado
50g Beansprouts
150g Firm plain gluten free tofu, cut into 8 strips, grilled
1 Sprig mint
1 Sprig coriander
8 Small rice paper wrappers
Warm water
1/2 Lime
3 Tbsp sweet chilli sauce
2 Tbsp soy sauce

EQUIPMENT:

Vegetable peeler
Box grater
Chopping board
Sharp knife
Several spoons
Kettle
Heatproof bowl
Serving plate
Citrus juicer
Mixing bowl
Dipping sauce bowl

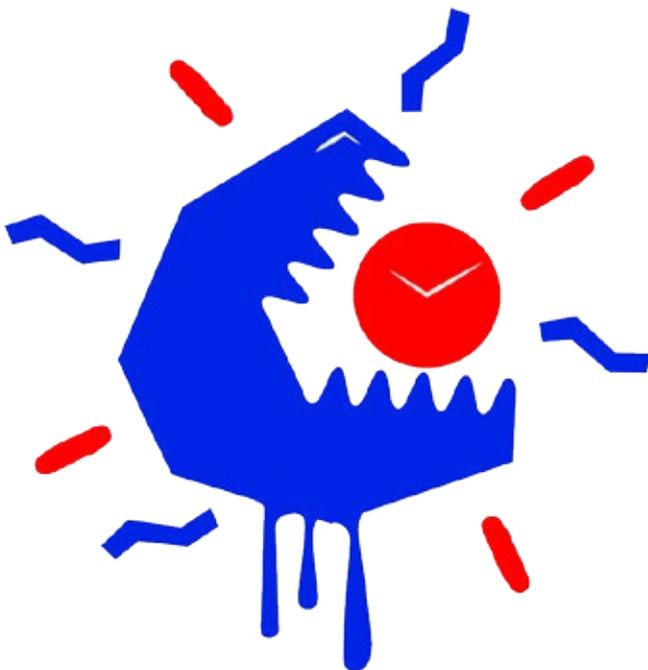


METHOD:

1. Peel carrot. Use a box grater to grate carrot
2. Cut cucumber and capsicum into thin strips
3. Cut open avocado, deseed and cut into thin strips
4. Pick mint and coriander leaves
5. Pour warm water from kettle into a heatproof bowl until half full. Dip 1 rice paper wrapper in water. Place on the bench
6. Place some carrot, cucumber, capsicum, avocado and beansprouts in the bottom third of the wrapper. Sprinkle with herbs
7. Fold up the bottom of the wrapper. Fold in the sides and roll up to enclose the filling
8. Repeat with the remaining wrappers and filling ingredients
9. Cut the ends off the Rice Paper Rolls
10. Present the Rice Paper Rolls on a plate
11. Squeeze some lime juice using a citrus juicer
12. Combine lime juice, sweet chilli sauce and soy sauce and mix well
13. Pour dipping sauce into a bowl and place on the plate next to the Rice Paper Rolls
14. Garnish with coriander leaves

ADDITIONAL NOTES:

Warm water in kettle
Cut tofu into 8 strips and grill



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