

Spring Rolls

The Hungry Scientist

All Recipes Magazine - April/May 2021

SPRING ROLL BASE FORMULA

4 (eight-inch) round rice papers

3/4 cup cooked rice vermicelli noodles, snipped

4 ounces protein

1 cup vegetables

1/4 cup fresh herbs

2 tablespoons sauce

lime/lemon wedges

TZATZIKI, CHICKEN and

CUCUMBER

cooked chicken, shredded

thinly sliced English

cucumber

fresh mint leaves

tzatziki sauce

CHIMICHURRI STEAK and

BELL PEPPER

grilled steak, thinly sliced

thinly sliced red bell pepper

fresh cilantro leaves

chimichurri sauce

PEANUTTY SHRIMP and

CABBAGE

peeled, cooked shrimp,

halved lengthwise

shredded green cabbage

fresh Thai basil leaves

peanut sauce

In a nine-inch pie plate, dip one rice paper into warm water. Transfer to a work surface and let stand a few seconds to soften.

Arrange three tablespoons of rice noodles across the lower third of the softened rice paper. Top with one ounce of protein, 1/4 cup of vegetables, one tablespoon of herbs, and 1/2 tablespoon of sauce.

Fold and slightly press the bottom edge of the rice paper over the filling, tucking it underneath as you roll away from you. Fold in the sides and continue to roll up tightly. Repeat with the remaining ingredients.

Serve the spring rolls with lime or lemon wedges.

Per Serving (excluding unknown items): 14 Calories; trace Fat (10.5% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 1 Vegetable; 0 Fat.