

Rainbow Vegetable Rolls

Light Fresh Rolls That Are Sure To Please



COURSE

Main Course, Snack

CUISINE

Thai



INGREDIENTS

For The Rolls

- 1 Pack Rice Paper
- 1/2 Cucumber Sliced Into Matchsticks
- 1 1/2 Cups Carrots Sliced Into Matchsticks Or Shredded
- 1 Cup Beets Sliced into Matchsticks Or Shredded
- 2 Cups Cooked Brown Rice Vermicelli Noodles
- 1 1/2 Cups Cilantro, Stems Included
- 2 Cups Organic Lettuce Leaves, Roughly Chopped

For The Sauce

- 3 Tbsp Almond Butter
- 1/4 Cup Water (+1 Tbsp If Needed)
- 1 Tbsp Minced Garlic
- 1 1/2 Tbsp Tamari
- 1 Tsp Sesame Oil

- Juice Of Half A Lime
- 2 Tsp Rice Wine Vinegar

INSTRUCTIONS

1. To make the rolls:

Step 1. Make sure ingredients all washed and prepared on your cooking station before rolling.

Step 2. Dip the rice paper in warm water, only for about 20 seconds or it will be difficult to roll. Paper will be softened but not completely soft.

Step 3: Lay down slightly firm rice paper on a clean rolling surface and start assembling ingredients. During this time, the rice paper should have become soft and gelatinous.

Step 4: Start neatly placing down your filling ingredients in the bottom 1/3 of the rice paper, making sure you have lots of room to roll up.

Step 5: Gently pull the paper away from the work surface and roll over the filling. Use your fingers to gather and tuck in the filling ingredients as you roll tightly along. Fold in the sides after one roll rotation and continue to roll until you reach the end.

Step 6: Eat right away or store in the fridge. Fresh is best for these spring rolls, and they have a tendency to stick if they are stored too close together. Layering each row with plastic wrap or parchment paper could help if storing for later.

To make the sauce:

Combine all ingredients in a bowl.

Whisk until smooth. Enjoy!



KEYWORD

Vegetables, Veggies