



CHICKEN RICE PAPER ROLLS

PREP: 30-40MINS | COOKING: 15MINS | SERVES: 4

Energy: 1169kj
Fat: 13.2g

Protein: 18g
Fibre: 6g

HOW TO SERVE

This recipe produces 12 quality rice paper rolls that can be the perfect appetiser for a get together, or even a perfect snack to take on the go.

INGREDIENTS

Filling:

- 2 cups water
- 1 cup stock
- 200g chicken breast
- 150g tofu
- 2 carrots, grated
- 2 cups iceberg lettuce, shredded
- 2 tbspn red onion, finely shredded
- 10 green beans, chopped diagonally
- 50g vermicelli noodles
- 1 packet round rice paper sheets
- Drizzle olive oil

Dipping Sauce:

- 2 tbspn sesame oil
- 2 tbspn water
- 2 tbspn white vinegar
- 2 tbspn lime juice
- 1 long red chilli, finely chopped
- 1 tsp coriander, finely chopped
- 1 tsp fresh basil, finely chopped

SUITABLE FOR

- Dairy free
- Vegetarian (only tofu in a roll)
- Wheat free
- Gluten free
- FODMAP Friendly (use low FODMAP stock and leave out onion)

METHOD

1. Bring water and stock to boil in a small-medium saucepan. Add chicken breast and poach for 12 minutes or until cooked through. When cooked, remove chicken from liquid and set aside to cool before shredding the meat into thin strips.
2. Meanwhile, heat olive oil in pan and cook tofu until golden.
3. Combine chicken, tofu, carrot, lettuce, beans, onion and vermicelli noodles in large bowl.
4. Place one sheet of rice paper in a dish of warm water until softened.
5. Lift sheet from water and place on a board. Spoon a large dessert spoon of mixture into the centre of the rice paper sheet. Fold the side closest to you over the mixture, then fold in the other sides and roll to enclose the filling. Repeat.
6. Prepare dipping sauce by placing all ingredients in a small bowl and stirring to combine.
7. Serve rice paper rolls with dipping sauce

CONTACT

admin@healthandperformancecollective.com
www.healthandperformancecollective.com