

## Vietnamese Cold Roll (GST Corner)



### Ingredients

Makes 20 rolls:

- 20 small dried rice paper sheets
- 1 cucumber, finely grated or cut into strips
- 1 carrot, finely grated
- 50g beansprouts
- 100g brown rice vermicelli noodles, cooked and rinsed in cold water
- 20 medium prawns – sliced into half (can use fresh or frozen and boil and cool before using) or grilled chicken fillet/breast sliced in thin slices
- 4 Tbsp coriander, roughly chopped
- 4 Tbsp mint leaves, roughly chopped

### Dipping sauce 1

- 4 tablespoon sweet chili sauce
- 1 tablespoon grated peanuts

### Dipping sauce 2

- 4 tablespoons hoisin sauce
- 2 green spring onion, thinly sliced
- 3 tablespoons fresh lime juice (bottled pure lime juice or fresh limes)
- 3 teaspoons fish sauce
- 3 teaspoons unsalted peanut butter
- Pinch of brown sugar or a teaspoon honey

### Preparation method

1. Dip rice paper in water for a few seconds. Shake off excess water and allow it to soften. Continue this step for all rice papers.
2. Put small amounts of cucumber, carrot, beansprouts, vermicelli, prawns or chicken slices, coriander and mint leaves on one corner of the rice paper and roll it up into a spring roll. Repeat for all rolls.
3. Serve rolls immediately or place rolls in a covered container and refrigerate before serving.
4. Prepare dipping sauce by stirring to combine.
5. Serve the rolls with sauce for dipping.

### **Nutritional Value (per roll with prawn, without sauce):**

Energy: 77kcal	Fat: 0.2g	Dietary fibre: 0.8g
Protein: 4.4g	Saturated fat: 0g	Sodium: 246mg
Carbohydrate: 14g	Cholesterol: 42mg	



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