

## Vietnamese Spring Rolls

This is a great little recipe which involves no cooking (except the prawns). Below is the standard ingredients/recipe which we used in the rolls here, but this is entirely open to your interpretation/what's in your fridge and many variations work wonderfully well!

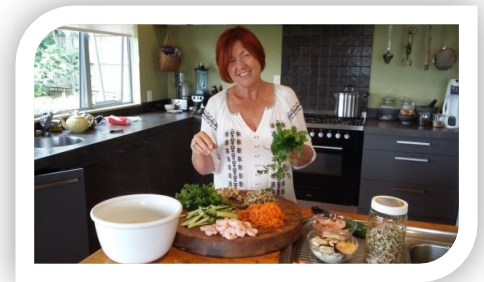
It's also great fun for the kids to make - and healthy eating for them too - great for the lunch-box. Have fun!



### INGREDIENTS and INSTRUCTIONS

	Rice Vermicelli noodles
	Rice paper
	½ small cucumber, seeds removed
	1x medium carrot
	1 cup Mung Bean sprouts (or alfalfa sprouts)
	100g Shrimp/prawns
	1 good sized bunch of Coriander

- Place a handful of the rice Vermicelli in a bowl of boiling water to soak for a few minutes
- Prepare the vegetables - julienne or grate (as you prefer)
- Drain the Vermicelli through a sieve
- Half fill a dinner plate with cold water
- Place a rice paper sheet in the water and gently push it down to fully submerge and wet both sides. Remove the rice paper and place on another clean plate.
- Start filling by first laying on the middle of the rice paper  
A flat a coriander leaf or two. Then add a small amount of the noodles, followed by a small amount of each vegetable, sprouts and more Coriander before finally topping with 1 – 2 prawns (depending on their size)  
*Remember to leave enough paper all around unfilled to be able to securely wrap the contents. Don't over-fill!*
- Wrap the contents by firmly but gently pulling the rice paper over the filling; first the edge closest to you, then the sides, then roll to secure the remaining edge. (The rice paper will stick securely so there is no need for any fastening technique).



You will have to practice this and the first few may not be too beautiful, but don't give up!  
*see over for Dipping Sauce ideas*

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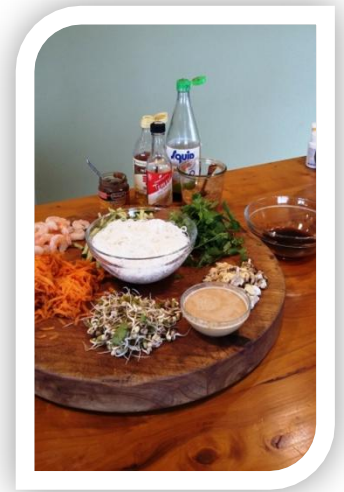
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DIPPING SAUCE - OPTION ONE - mix together the following ingredients:

- 1 tablespoon fish sauce (*Squid brand recommended*)
- ½ tablespoon Tamari Soy Sauce
- 1 tablespoon rice wine vinegar
- 2 tablespoons cold water

DIPPING SAUCE - OPTION TWO - mix together the following ingredients:

- |   |  |
|---|--|
| <input type="checkbox"/> 1 tablespoon Tahini            | <input type="checkbox"/> 2 tablespoons cold water  |
| <input type="checkbox"/> 1 tablespoon fish sauce        | <input type="checkbox"/> ½ teaspoon coconut sugar  |
| <input type="checkbox"/> 1 tablespoon rice wine vinegar | <input type="checkbox"/> ½ teaspoon Tamarind puree |



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