

Vietnamese Rice Paper Rolls



Season: Summer/Autumn

Serves: 30 tastes in the classroom

Alfalfa—source of Vitamins A, C, E and K4, high in potassium and iron

Noodles—cholesterol free, low in fat, high in protein

Equipment:

- Chopping board
- 2 knives
- Juicer
- 2 mixing bowls
- Whisk
- Spatula
- Serving platter
- Serving bowl
- Metric measuring spoons
- Metric measuring cups
- Measuring scales
- Tea towel

Ingredients:

- 120g vermicelli noodles
- 3 teaspoons soy sauce
- 2 teaspoons fish sauce
- 1 teaspoon raw sugar
- 30 small rice paper rolls
- 2 large cucumbers—thinly sliced
- 1 large carrot—thinly sliced
- 1/2 purple cabbage
- 1 cup mint leaves
- 1 handful bean sprouts
- 1 iceberg lettuce

Sauce:

- 1 garlic clove (1 teaspoon minced garlic)
- Juice of lime
- 1 tablespoon fish sauce
- 2 tablespoons raw sugar

What to do:

1. Soak vermicelli noodles in boiling water for 5 minutes
2. Place rice paper roll on a clean, dry tea towel
3. Pour warm water into a heatproof bowl until half full.
4. Splash water onto rice paper.
5. Place on a flat surface. Stand for 20 to 30 seconds or until soft enough to roll without splitting.
6. Place one-eighth of lettuce along 1 edge of 1 wrapper. Top with one-eighth each of beansprouts, carrot, cucumber and avocado.
7. Fold in ends. Roll up firmly to enclose filling. Cover with a damp tea towel to prevent roll drying out.
8. Repeat with remaining wrappers, lettuce, beansprouts, carrot, cucumber and avocado.
9. Serve with homemade sauce or sweet chilli sauce