



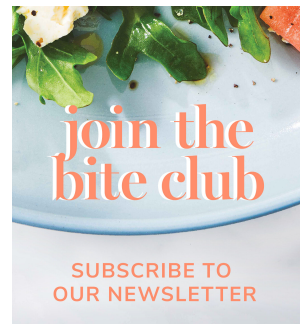
thai vegetable salad rolls

Though these look intimidating, making your own salad rolls couldn't be easier. Grab this Vegetable Salad Roll recipe and get rolling because they make for a perfect healthy appetizer. Simply wet the rice paper in water, fill them with a combination of vegetables (or shrimp or chicken, if you prefer) and dip them in your homemade Thai Dipping Sauce.

MAKES: 10 SALAD ROLLS



julie albert & lisa gnat



ingredients

Vegetable Salad Rolls

- 1 package (6oz/175g) rice stick noodles
- 10 round rice paper sheets
- 10 green curly lettuce leaves
- 1 medium carrot, peeled and shredded
- 2 ripe mangos, peeled and julienned
- 1 English cucumber, peeled, seeded and julienned
- 3 tbsp plus 1 tsp fresh chopped basil

Thai Dipping Sauce

- 1/4 cup soy sauce
- 3 tbsp mirin
- 2 tbsp rice wine vinegar
- 1 tbsp sugar
- 1 tsp sesame oil
- 1 tsp grated fresh ginger
- 1/8 tsp hot sauce (Sriracha brand)

directions

- 1.** For the salad rolls, bring a medium pot of water to a boil. Add rice stick noodles and cook according to package directions. When tender, drain, rinse with cold water and drain well again. Set aside.
- 2.** Place 1 rice paper sheet in a shallow bowl or pie plate of hot water until just softened, about 1 minute. Lay rice paper sheet on tea towel. Place a lettuce leaf down the center of the rice sheet leaving a 1-inch border at the top and bottom. Place 1/4 cup rice noodles lengthwise on the lettuce leaf followed by 1 tbsp shredded carrots, 6 slices of mango, 4 slices of cucumber and 1 tsp chopped basil. Fold up the bottom 1-inch border of rice paper placing it over the filling. Fold in the right side, followed by the left side and then the top, forming a tight cylinder. Repeat with remaining rice paper sheets and filling. Serve with dipping sauce.

- 3.** For the dipping sauce, in a medium bowl, whisk soy sauce, mirin, rice vinegar, sugar, sesame oil, ginger and hot sauce.

“There are two kinds of stones, as everyone knows, one of which rolls.”

– AMELIA EARHART

print

