

Vietnamese Spring Rolls

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12 Servings per recipe:

Ingredients:

Spring Roll

- 12 Rice Papers
- 2 cucumbers, julienned
- 2 carrots, julienned
- 3-4 stalks bok choy – julienned
- 1 head, Boston Lettuce
- 1 lb. bean sprouts
- 1 bunch cilantro
- 1 bunch mint
- 1 bunch basil
- Sesame Seed Oil (Optional)

Sauce

- ½ c. Coconut Aminos
- ¼ c. Rice Wine Vinegar
- 2 TBSP Sugar
- Minced green onion for garnish
- 1 tsp red pepper flakes (optional)
- 1 TBSP sesame oil

Directions:

1. Have a pan or kettle of hot water at your side. In a dish that is large enough for the rice paper but not too deep, dip the rice paper into the hot water and let sit for 20-30 seconds.
2. Pull the rice paper out and if not soft enough let sit a little longer. When you take the rice paper out it should be translucent and very soft and slightly sticky. Lay it as best as you can on a cutting board or plate.
3. Lay ingredients inside the paper as desired. The paper is fragile and will not hold much. Lay a good pinch of each ingredient closest to your body, NOT IN THE MIDDLE. If desired you may drizzle a little of the sesame seed oil (It has no protein) if then, start rolling.
4. Next fold the outside of the flaps in while tucking the ingredients with your fingers. Roll the rice paper to the other side then tuck in the sides.
5. For Sauce : Whisk together ingredients, serve on side.

Spring Roll

Serving size: 1 Spring Roll
Protein per serving: 2.28 g per serving
Calories per serving: 55

Dipping Sauce

Serving size 2 TBSP
0.08 protein per serving
30 Calories per serving