

Fresh Spring Rolls

Brandee Knowles - lifewithsally.com

Ingredients

8-12 sheets of rice paper (found in Asian/International Food aisle)

Use a variety of your favorite veggies, fruit, and protein.

Here are some favorites you can mix and match to your liking - everyone has different taste and preference:

Bib lettuce, Iceberg lettuce, spinach, arugula, or Kale (can use a combo as well!)

carrots

cucumber

peppers - red, yellow, orange

zucchini

red cabbage

avocado

radishes

sprouts

green onion

cilantro

jalapeno

mint or other herbs

mango

strawberries

cooked shrimp - cold

cooked brown rice noodles

Directions

Spring rolls are really easy if you prep your veggies and other ingredients first! I also like to have my dipping sauce prepared ahead so that when I finish making the spring rolls, we are ready to eat! (If you are going to use the noodles - make these ahead as well)

The most important thing to make this meal beautiful and easy to eat is to make sure all the veggies and other ingredients you are going to use are all approximately the same size and shape. Have them clean, cut, and ready to go in a dish or large platter. One or two of each veggie will be plenty for the spring rolls. You will definitely have extra for your other meals for the week! This way, your spring roll will be balanced and you will get a variety of flavor in each bite! Also, less messy if you cut/chop your ingredients so that they fit nicely into the rice wrapper.

Fill a shallow pan (9 inch round) with about an inch of water. Place a wooden cutting board or lint free towel next to your water pan and have all ingredients within reach. Place one rice paper in the water and let it rest for about 20 seconds, you will learn by feel - but basically wait until it is pliable. Carefully lay it on the surface (board or towel) flat.

Start by placing your choice of lettuce first, then placing the rest of the ingredients in the middle of your rice paper and be sure to leave about a 1 inch space around edges so that you can fold into a roll. Fold the lower edge up and over the fillings, rolling tight until the filling is compactly enclosed. Fold over the short sides (like making a burrito) and then finish rolling. Serve whole or sliced at an angle using a sharp chef's knife for a pretty presentation and serve with dipping sauce.

Peanut Dipping Sauce for Spring Rolls

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Ingredients

3/4 cup peanut butter (substitute with seed butter if allergic to peanuts)
1/4 cup Tamari / soy sauce
2 - 3 T rice vinegar
1/3 cup honey
1 tsp sesame oil
1 tsp fresh ginger
1 tsp lime juice
*water to thin sauce
*optional green onion or cilantro

Directions

In a small bowl, whisk together peanut butter, rice vinegar, tamarin, honey, sesame oil, lime juice, and ginger. Whisk in 2 -3 T water until combined and then continue to add water as needed to get the creamy and thin consistency you prefer. This should be a thin dipping sauce, like a dressing consistency.

This can be stored in the refrigerator for up to 5 days in an airtight container.

This sauce is also great on ramen noodles! Just add your favorite veggies, cilantro and sesame seeds or peanuts for texture!

Sweet & Spicy Soy Sauce for Spring Rolls

Ingredients

1/3 cup Hoisin Sauce
1/4 cup Tamari / Soy Sauce
1 tsp fresh grated ginger
1 clove minced garlic
1/2 tsp sesame oil
1 tsp Sriracha hot sauce
1/2 tsp hot chili oil (optional)
1 T rice vinegar
*sprinkle of sesame seeds - optional

Directions

Place all ingredients in a small bowl and whisk until combined. Taste and adjust to your liking - more or less sweet or spicy elements. This can be stored in the refrigerator for up to 5 days in an airtight container.

This sauce is delicious on Asian Lettuce Wraps and noodles as well!