



Rice paper Rolls GLUTEN FREE



makes about 12

THIS RECIPE REQUIRES ADULT SUPERVISION

INGREDIENTS FOR ROLLS

- 100g dried rice vermicelli noodles
- 12 sheets of 22cm round rice papers
- 12 stems coriander leaves
- 12 stems mint leaves
- 12 stems asian spring onions
- 2 carrots, peeled and thinly sliced lengthways
- 1 large red capsicum, seeded and thinly sliced lengthways
- 2 Lebanese cucumbers, thinly sliced lengthways
- 2 organic chicken fillets, sliced & flattened as for schnitzels
- 1 clove garlic, finely chopped
- 4 tablespoons olive oil

EQUIPMENT

- citrus juicer
- chopping board
- grater
- knife
- wooden spoon
- measuring spoons
- tongs
- fry pan or bbq
- small saucepan
- stainless steel bowl
- sieve
- kettle

INGREDIENTS FOR DIPPING SAUCE

- 4 tablespoons caster sugar
- 6 tablespoons water
- 1 orange
- 1 lemon
- 4 tablespoons fish sauce

TO MARINATE CHICKEN

1. Into a plastic container pour the olive oil and add the garlic, mix.
2. Add the chicken and coat thoroughly with the garlic and oil marinade.
3. Cover and refrigerate until needed.

METHOD FOR DIPPING SAUCE

1. With an adult to help you measure water and sugar into small saucepan and stir over gentle heat stir until sugar is dissolved. Set aside to cool.
1. Juice the orange and lemon using a citrus juicer.
2. Add juice to cooled syrup with fish sauce.

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METHOD FOR MAKING AND EATING RICE PAPER ROLLS

1. Place noodles in a stainless steel bowl. Ask a grown up to boil a kettle of water and cover noodles with boiling water. Allow to stand for 10 minutes or until tender. Strain through sieve and return to bowl. Set aside to cool. Wash coriander and mint leaves, shake dry.
2. Arrange the herbs and vegetables in a colourful row on a long platter with a stack each of mint leaves, spring onion stems, red capsicum, coriander, carrot and cucumber. Place on centre of the dinner table with a saucer of dipping sauce available for each person.
3. With an adult to help you, sear the chicken fillet on both sides on a barbecue or in a hot pan. When cooked remove to a plate and cover with foil to rest for 15 mins. Slice into strips and keep warm.
4. Fill a large bowl three quarters full with warm water and place in the centre of the table for everyone to reach. Have the rice papers and vermicelli noodles close at hand.
5. Dip your rice paper round into the water to soften and then place on your plate. Help yourself to the fresh ingredients on the platter and place on the lower edge of the paper (don't be too greedy because you'll need plenty of room to make a nice roll!).
6. Top with some vermicelli noodles and a strip of chicken.
7. Overlap the left and right side of the paper onto your salad ingredients and then bring the bottom of the rice paper over this and start to roll away from you. Firmly roll the bottom to the top until you have a nice tight roll.
8. Dip into your sauce and enjoy the ritual. They're so good you won't be able to stop at one!

FROM THE MARKET

H & L Hydroponics

N & M Tsimiklis

The Food Forest

Virgaras Garden

These producers can help you out with your shopping requirements.