

Veggie rice paper rolls



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Preparation 40 mins | Makes 12

- 12 rice paper rounds
- 4 Iceberg lettuce leaves, finely shredded
- 1 bunch asparagus, shaved
- 1 ripe large avocado, cut into thin wedges
- 125g Thai or teriyaki-flavoured tofu, sliced into thin strips
- 1 carrot, peeled and shredded
- 2 Lebanese cucumbers, thinly sliced lengthways into ribbons
- 1 cup mint leaves
- 1 cup coriander leaves
- Salt-reduced soy sauce mixed with sweet chilli sauce, for dipping
- Micro-herbs (like shiso) and lime wedges, to serve

STEP 1 Prepare all ingredients and set out on a board.

STEP 2 To assemble, soften a rice paper round in a dish of warm water for 20 seconds or until softening. Remove from water and place on a clean, damp tea towel. Place lettuce, avocado, asparagus, tofu, carrot, cucumber, mint and coriander onto the centre of the rice paper. Fold over the rice paper to secure the filling. Set aside on a tray and cover with another damp tea towel.

STEP 3 Repeat using remaining ingredients. Serve with soy and sweet chilli sauce. Sprinkle with micro-herbs if liked.

Good for you... AVOCADO

Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.

