

Spicy vegetable & duck rice paper rolls



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Preparation: about 45 minutes

Makes: 16

If preferred, barbecued chicken can be used instead of barbecued duck.

50g dried rice vermicelli noodles

2 cups shredded barbecued duck, skin discarded

1 medium carrot, grated

1 Lebanese cucumber, halved, deseeded, finely sliced

1/3 cup coriander leaves

1/4 cup mint leaves

1/4 cup sweet chilli sauce

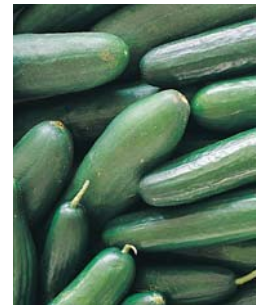
1 tbs lemon juice

16 round (21cm diameter) rice paper wrappers

1/3 cup hoisin sauce

Extra sweet chilli sauce, to serve

1. Place noodles in a large bowl. Pour over boiling water to cover and stand for 5–7 minutes until noodles are tender. Drain and rinse in cold water. Roughly chop noodles using kitchen scissors.
2. Combine noodles, duck, carrot, cucumber, coriander, mint, chilli sauce and lemon juice in a large bowl. Toss until well combined.
3. Briefly dip a rice paper wrapper in a shallow bowl of hot water until wrapper just softens. Place wrapper on a clean bench, spoon 1/4 cup noodle mixture into centre. Drizzle with 1 tsp hoisin sauce. Fold in sides and roll up. Repeat using remaining wrappers and filling. Serve with sweet chilli sauce for dipping.



Cucumbers:

- Heard the saying 'as cool as a cucumber'? It probably arose because their high water content gives a cooling effect.
- Cucumbers supply few kilojoules (only 40 kJ/100g) and they come with a sprinkling of many minerals and vitamins.