

spicy vegetable, noodle & chicken rice paper rolls



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Ingredients:

- 50g vermicelli noodles
- 2 cups shredded barbecued chicken meat, skin discarded
- 1 medium carrot, grated
- 1 Lebanese cucumber, halved, deseeded and thinly sliced
- 1/3 cup coriander leaves
- 1/4 cup small Vietnamese mint leaves
- 1/4 cup sweet chilli sauce
- 1 tbs lemon juice
- 8 round (about 21cm diameter) rice paper wrappers
- extra sweet chilli sauce, to serve

HEALTH BENEFITS:

Lemon juice

- Adding lemon juice to a salad dressing will reduce the overall glycaemic index of a meal. This remarkable reaction is due to the acidity of lemon reducing the speed of digestion.
- The juice from an average lemon will supply more than a whole day's needs for vitamin C. This may assist the well-known effect of using lemon and honey to soothe a sore throat.

Method:

- 1.** Place noodles in a large bowl. Pour over boiling water to cover and leave for 5 minutes or until noodles are tender. Drain and rinse in cold water.
- 2.** Combine noodles, chicken, carrot, cucumber, coriander and Vietnamese mint leaves, sweet chilli sauce and lemon juice in a large bowl. Toss mixture until well combined.
- 3.** Briefly dip a rice paper wrapper into a shallow bowl of hot water until wrapper softens. Place wrapper on a board or plate. Spoon 1/2 cup chicken mixture into the centre and roll up. Repeat using remaining wrappers and filling. Serve with sweet chilli sauce, for dipping.

Makes: 8

Preparation: 25 minutes

Cooking: 5 minutes