



## AVOCADO, LETTUCE & EGG RICE PAPER ROLLS

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Preparation 30 mins | Cooking 8 mins | Makes 8 rolls

*A change from everyday sandwiches in the school lunch box, these delicious rice paper wraps are sure to please hungry kids!*

- 6 free-range eggs, (at room temperature)
- ¼ cup whole egg mayonnaise
- 2 tbs finely chopped chives
- 1 large carrot, peeled
- 1 lettuce, leaves removed and roughly torn
- 1 just-ripe avocado, halved, peeled, deseeded and cut lengthways into thin wedges
- 8 large rice paper wrappers

**STEP 1** Place eggs into a saucepan, cover with cold water and bring to the boil over medium-high heat. Gently boil eggs for 5 minutes, drain, cool under cold water and peel. Place eggs into a bowl. Add mayonnaise. Using a fork, roughly mash the eggs. Season with salt and pepper to taste. Stir through chives.

**STEP 2** Using a julienne peeler, slice carrot lengthways into long thin strips.

**STEP 3** To make wraps, arrange all ingredients around a clean board. Pour warm water in a shallow bowl (large enough to fit the rice papers). Dip a rice paper wrap into the water until just softening. Place onto the board. Pile a few pieces of lettuce into centre, top with a large spoonful of the egg mixture, avocado and carrot. Roll up to enclose filling. Repeat using remaining ingredients and serve (or chill for a few hours before serving).

### Good for you... **LETTUCE**

*Provides folate, a B vitamin that is needed for normal formation of blood and contributes to growth and development in children. Darker outside leaves provide beta carotene, which the body converts to vitamin A.*



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