

Mango, cucumber & chicken rice paper rolls



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Preparation: about 30 minutes

Serves: 8

For ease, use the flesh from half a barbecued chicken.

- 4 crisp Iceberg lettuce leaves
- 1 large Lebanese cucumber
- 1 medium just-ripe mango
- 2 cups cooked shredded chicken
- 8 x 22 cm wide rice papers
- 2 tbs sweet chilli sauce + extra to serve

1. To prepare filling, break lettuce into large bite size pieces. Cut cucumber in half, then halve lengthways and cut into very thin strips. Cut flesh, close to the stone, from the mango, remove skin and cut mango into thin strips. Place these ingredients and chicken on plates on a work bench.
2. Place a shallow bowl of warm water on bench. Dip a rice paper wrapper into the water and soak for about 20-30 seconds on each side until just tender. Place on a damp cloth. In the centre, arrange 3-4 strips of mango, then top with 3-4 cucumber strips, ¼ cup chicken and a few pieces of lettuce. Drizzle with 1 tsp sweet chilli sauce. Fold over one edge of rice paper to cover filling, tuck in sides and roll up to enclose the filling. Place on plate, cover with plastic. Repeat using remaining ingredients. Cut rolls in half if liked and serve with extra sweet chilli sauce.



Mangoes and health benefits to kids

- And health benefits to kids in mangoes with deep orange-coloured flesh.
- A source of dietary fibre – often lacking in children's diets - and also potassium. Fibre is important for the digestive system and potassium helps balance the sodium that kids get from salty foods.



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