

THE DIETITIANS NETWORK OF NOVA SCOTIA

Spring Rolls with Peanut Sauce

Too hot to cook? These spring rolls require no heat to prepare and are loaded with refreshing veggies.

Recipe Name:	Spring Rolls with Peanut Sauce
Recipe By:	Antonia Harvey, P.Dt
Short description of recipe:	Add shredded chicken or cooked shrimp to make into a light lunch.
Makes	12 spring rolls or 4-6 servings
Ingredients:	<p>¼ cup smooth peanut butter Juice of ½ lime ½ tbsp soy sauce or tamari 1 tbsp brown sugar 1 tsp minced ginger 2 tbsp hot water</p> <p>1 cucumber 1 large carrot, peeled 1 red bell pepper 1 avocado 12 sheets of rice paper</p>
Instructions:	<ol style="list-style-type: none">1. Whisk together the peanut butter, lime juice, soy sauce or tamari, brown sugar, ginger, and water together in a small bowl. Set aside.2. Thinly slice the cucumber, carrot, and red pepper. Peel and core the avocado, then slice into 24 pieces.3. Arrange the prepared vegetables and a clean cutting board in your workspace.4. Fill a shallow dish with very warm water. Place a sheet of rice paper in the water and allow to soften (about 1 minute). Remove rice paper from water and place on the cutting board.5. Place 2 pieces of avocado in the centre of the rice paper, followed by some of the red pepper, carrots, and cucumber. Fold the bottom of the rice paper up and over the vegetables, then fold the sides inward, and roll up.6. Repeat the above two steps until all of the rice paper has been used.7. Serve the spring rolls with the prepared peanut sauce.