

Rice Paper Rolls



Preparation Time: 10 mins
1 small serve, 2 large serves

Ingredients

120 g cooked chicken breast; ¼ cup lettuce/cabbage (shredded)
¼ cup bean shoots/snow pea sprouts; ¼ cup capsicum and cucumber (finely sliced)
½ cup carrot (grated); 1 spring onion (finely sliced)
8 mint leaves; 4 tsp sweet chilli sauce; 4 rice paper sheets

Directions

Soak a sheet of rice paper in boiling water for 1 minute.
Place the rice paper on to a clean bread board and fill the rice paper with 30 g of the chicken, a quarter of the finely sliced vegetables, 2 mint leaves and 1 tsp sweet chilli sauce.
Wrap the rice paper roll up and place on a plate.
Assemble the remaining rice paper rolls, as above.

Nutrition Information		
	Per small serve (2 rolls)	Per large serve (4 rolls)
Energy (kJ)	418	836
Fat (g)	1.6	3.2
- saturated (g)	0.4	0.8
Protein (g)	18	36
Carbohydrate (g)	8.0	16
Fibre (g)	1.8	3.2