

Crystal Spring Rolls with Peanut Dipping Sauce

Serves: 6 Prep time: 30 minutes



6 round 22-cm rice-paper wrappers
30 g fresh basil leaves
30 g fresh coriander
1 cup bean sprouts
1 large carrot, grated
1 English cucumber, sliced into thin strips
20 g spring onion, chopped
1 cup cooked protein of choice (such as shredded chicken or shelled prawns)
fresh mint leaves to garnish
lime wedges to serve

PEANUT DIPPING SAUCE

200 ml full-cream coconut milk
200 g sugar-free peanut butter
1 Tbsp rice vinegar
2 Tbsp soy sauce
2 tsp honey
100 g roasted salted peanuts, chopped

- 1 Fill a large bowl with warm water. Dip the rice-paper wrappers into the warm water one at a time for a couple of seconds, turning in a circular motion, and then place on a large chopping board.
- 2 Build the spring rolls starting with the basil, coriander and bean sprouts on the bottom edge, closest to you. Roll the rice paper away from you to enclose the leaves, then add the carrot, cucumber and spring onion, and roll again, tucking in the sides to enclose the ingredients.
- 3 Add your protein of choice and roll one final time. Dip your fingers into the warm water and dab it along the seam to seal. Place the spring rolls seam-side down on a tray and refrigerate until ready to serve.
- 4 To make the dipping sauce, place all the ingredients except the chopped peanuts in a pot on the stove over low heat and stir with a whisk until thoroughly combined. When just warm (not boiling), remove the pot from the heat and stir in the peanuts. Pour into a serving bowl and set aside to cool.
- 5 Serve the spring rolls garnished with mint leaves and with lime wedges and the peanut dipping sauce on the side.