

Fresh Spring Rolls

Makes: 5

From the garden: carrots, mint leaves, coriander leaves

Ingredients:

50g vermicelli noodles
5 round rice paper sheets
1 cup shredded wombok and snow peas
1 carrot, peeled and grated
snow peas, slice thinly
poached chicken
5 garlic chives or 10 spring onions
5 mint leaves
5 coriander leaves

Equipment:

basic toolbox, chopping board, metal bowls, large knife, strainer, box grater

Method:

1. Wash and peel carrot, grate coarsely and set aside.
2. Wash herbs and dry thoroughly.
3. Wash garlic chives and trim any discoloured bits. If using spring onions wash and trim into two lengths, set aside.
4. ***Place noodles in a bowl and cover with boiling water.*** (Make sure the bowl sits on a trivet). Set aside for approx. 5 minutes until noodles have softened. Then drain into a large strainer and set aside.
5. To create rolls you will need a clean chopping board, paper towel and a bowl of warm water. Have all your prepared vegies and herbs near the board. Soak 1 rice paper sheet in the warm water for about 30 seconds or until soft. Drain onto paper towel and then lay rice paper sheet onto clean chopping board. Add some noodles, bean sprouts, julienne carrots, slice of poached chicken, a mint leaf and a coriander leaf. Fold up the bottom and then the sides, add a garlic chive, then roll up firmly to enclose the filling. Repeat the process until you have enough rolls for your group.
6. Arrange onto a serving platter and serve with a dipping sauce.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: adapted from Notebook magazine, recipe by Sarah Hobbs.