## 3.5 Vegie Power Index QLD SA VIC ACT NSW NT TAS WΔ Recipe classification Green Everyday Green Green Green Green Green Green **PREP/COOKING TIME: 25 MINUTES BASED ON: 10 SERVES INGREDIENTS SERVES 10 SERVES 25 SERVES 50** 25 Rice paper rounds 16cm 10 50 Mixed Vegetables, e.g. 11/4 cups 3 cups 6 1/4 cups beetroot, carrot, celery, broccoli stems mixed with mung bean sprouts, snow

peas or sprouts. Pre-cooked skinless chicken 3/4 cup 11/2 cups breast, finely chopped.

## **METHOD**

- 1. Julienne\* the vegetables and mix together in a bowl
- 2. Pass rice paper through warm water and lay flat on chopping board
- 3. Spoon mixed vegetables onto rice paper, just below the centre
- 4. Spoon chicken onto the vegetables
- 5. Fold the bottom of the rice paper up to cover filling
- 6. Fold each side and roll

## VARIATIONS

- Serve with sweet chilli sauce or soy sauce
- If you are short on time, you can buy pre-packaged julienne vegetables in the fruit and vegetables section in most supermarkets

## **Vietnamese Rice** paper rolls



31/4 cups