




### Product Spotlight: Purple Carrots

Purple carrots contain all the nutrients of orange carrots, but they've also been shown to have greater anti-inflammatory and anti-oxidative effects!



## B4 Rainbow Chicken Rolls with Cashew Satay Sauce

Fresh spring rolls filled with chicken, noodles, mango, cucumber and mint! All served with a delicious cashew satay dipping sauce.

 35 minutes

 4 servings

 Chicken

28 January 2022

## Short for time?

*These rolls can be prepared the day ahead and are also great for lunch boxes! If you want to cut down the cook time even further you can skip the rolls and use the ingredients to make a noodle salad bowl instead!*

## FROM YOUR BOX

CHICKEN STIR-FRY STRIPS	500g
VERMICELLI NOODLES	1 packet
PURPLE CARROTS	2
LEBANESE CUCUMBERS	2
MANGO	1
MINT	1 bunch
RICE PAPER ROUNDS	1 packet
CASHEW SATAY SAUCE	1 bottle

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can assemble the rolls at the table which will save time and also allow others to pick and choose what they like in them!

The cashew satay sauce has a little spice in the flavour. For a milder flavour you can stir through some coconut milk.

If you prefer an alternative sauce you can easily make one using pantry ingredients! Whisk together 2 tbsp sesame oil, 2 tbsp sweet chilli sauce, 2 tbsp soy sauce and 1 tbsp water. If you have a lime you can stir the juice in too!



### 1. COOK THE CHICKEN

Bring a saucepan of water to boil (for step 2). Add chicken to a frypan with **oil** over medium-high heat. Season with **salt and pepper**. Cook for 6-8 minutes or until cooked through.



### 2. COOK THE NOODLES

Add noodles to boiling water and cook for 2-3 minutes until al dente. Drain and rinse under cold water.



### 3. PREPARE THE FILLINGS

Julienne or ribbon carrots using a vegetable peeler. Cut cucumbers into batons and slice mango. Pick mint leaves.



### 4. ASSEMBLE THE ROLLS

Place a shallow dish of warm water on your bench (see notes). Soak one sheet of rice paper in water for 5 seconds. Place on a dry chopping board until soft. Place noodles, chicken and fillings in centre of the round. Fold in ends and roll to wrap firmly. Repeat with remaining filling.



### 5. FINISH AND SERVE

Loosen the satay sauce with **1-2 tbsp water** to reach a dipping consistency (see notes). Serve rolls with satay sauce at the table.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

