




Product Spotlight: Carrots


The humble carrot is a powerhouse of nutrition. Just one carrot contains biotin, potassium, and vitamins A, K1 and B6.



2 Vietnamese Spring Rolls with Chicken

Making homemade spring rolls using rice paper is a fun activity for the whole family! This recipe features tender WA free-range chicken, colourful seasonal veggies, and vermicelli noodles.

 30 minutes

 4 servings

 Chicken

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Skip the rolls

If you're in a hurry, simply serve this dish as a chicken, noodle & veg salad and save the rice paper sheets for another time.

FROM YOUR BOX

VERMICELLI NOODLES	1 packet (200g)
CHICKEN SCHNITZELS	600g
CARROT	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1
FESTIVAL LETTUCE	1/2 *
MINT	1/2 bunch *
RICE PAPER WRAPPERS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil, soy sauce, sweet chilli sauce, red or white wine vinegar, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

For a more authentic flavour, use sesame oil in the dressing.

If you don't want to make the sauce, simply serve the spring rolls with soy and/or sweet chilli sauce.

Use warm water to soak the rice paper sheets as they will soften quicker this way. Rice paper rolls are great fun to assemble at the table if you prefer. Lay out all the fillings for everyone to pick and make their own.



1. COOK THE NOODLES

Bring a saucepan of water to the boil and cook noodles for 2 minutes or until just tender. Drain and rinse in cold water.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat. Rub chicken with **1 tbsp oil and 1 tbsp soy sauce**. Cook for 5-6 minutes each side or until cooked through. Remove to a board and slice thinly.



3. PREPARE THE FILLINGS

Cut the carrot, capsicum and cucumber into thin strips. Roughly chop lettuce and mint leaves.



4. MAKE THE SAUCE (OPTIONAL)

Whisk together **3 tbsp soy sauce, 3 tbsp sweet chilli sauce and 1 tbsp vinegar** (see notes).



5. MAKE THE ROLLS

Place a wooden board (or clean tea towel) and shallow dish of water on the table (see notes). Soak one sheet of rice paper in water for 5 seconds. Place on tea towel, leave until soft. Place fillings and chicken in the centre of the round. Fold in ends and roll to wrap firmly. Repeat with remaining.



6. FINISH AND PLATE

Serve rice paper rolls with sauce and any remaining fillings on the side.

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**

