



### Product Spotlight: Avocado

Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact, they are high in good fats which can help lower cholesterol!



## Fresh Vietnamese Spring Rolls with Tempeh & Peanut Dipping Sauce

Fresh rice paper rolls filled with crunchy veggies, bean thread noodles and pan-fried tempeh. Served with a sweet and salty peanut dipping sauce.



30 minutes



4 servings



Plant-Based

27 January 2023

## Assemble your own

*Rice paper rolls are great fun to assemble at the table. Lay out all the fillings for everyone to pick their favourites. Add any extra favourite fillings or condiments you might have at home.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	31g	93g

## FROM YOUR BOX

BEAN THREAD NOODLES	1 packet (200g)
RED CHILLI	1
PEANUTS	1 packet (40g)
RED CAPSICUM	1
AVOCADO	1
MINT	1 packet
SNOW PEA SPROUTS	1 punnet
SEASONED TEMPEH	1 packet
RICE PAPER ROUNDS	1 packet

## FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), white (or rice) wine vinegar, sugar (of choice), pepper

## KEY UTENSILS

saucepan, frypan

## NOTES

Use warm water (not hot) to soak the rice paper rounds as it softens the rounds quicker.



### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook for 2–3 minutes or until tender. Drain and rinse in cold water.



### 2. MAKE THE DIPPING SAUCE

Whisk together **3 tbsp sesame oil**, **2 tbsp soy sauce**, **2 tsp sugar** and **2 tbsp vinegar**. Finely chop and add chilli (deseed if desired) and peanuts. Season to taste with **pepper** and extra **soy sauce**.



### 3. PREPARE THE FILLINGS

Slice capsicum and avocado. Pick mint leaves and arrange on a plate with sprouts.



### 4. COOK THE TEMPEH

Heat a frypan over medium–high heat with **oil**. Slice tempeh and add to pan. Cook for 3–4 minutes until warmed through. Remove from heat.



### 5. ASSEMBLE THE ROLLS

Place a 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 onto towel and add noodles, tempeh and fillings in the middle. Fold in ends and roll to wrap firmly. Repeat with remaining.



### 6. FINISH AND SERVE

Serve rice paper rolls with dipping sauce.

**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**

