




Product Spotlight: Bean Shoots


Bean shoots boost the nutrients in your diet with vitamin C, folate & iron. Iron transports oxygen in the blood and is also vital for brain development!



3 Lemongrass Jackfruit Rice Paper Rolls with Satay Dipping Sauce

Jackfruit is cooked in aromatic lemongrass, soy sauce and sweet chilli sauce, rolled with fresh cucumber, carrot, bean shoots and mesclun leaves. Dip in a home made satay sauce featuring Pic's peanut butter.

 35 mins

 4 servings

 Plant-Based

23 April 2021

Join In!

These rice paper rolls are fun to assemble together at the table. Set up your rice paper roll station in the middle of your dining table and let everyone choose their fillings and roll.

Per serve: **PROTEIN** 8g **TOTAL FAT** 6g **CARBOHYDRATES** 61g

FROM YOUR BOX

CONTINENTAL CUCUMBER	1
CARROTS	2
BEANSHOOTS	1 bag
MESCLUN LEAVES	1 bag
PEANUT BUTTER	2 slugs
JACKFRUIT	2 tins
LEMONGRASS	1 stalk
RICE PAPER ROUNDS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, 1 garlic clove, rice wine vinegar, soy sauce (or tamari), sweet chilli sauce

KEY UTENSILS

large frypan

NOTES

To use a whole lemongrass stalk, slice off the very bottom of the stalk, and peel off any dried-out layers, then bash the woody top end with a rolling pin or something hard to soften and help release some of the aromatic oils.

Fresh ginger, lime and/or chilli would make a great addition to this dish.

Use warm water to soak the rice paper rounds as it softens them quicker.



1. PREPARE FILLINGS

Cut the cucumber into batons, thinly slice or ribbon carrots. Set aside with bean shoots and mesclun leaves.



2. MAKE DIPPING SAUCE

In a bowl, whisk together peanut butter, **crushed garlic clove**, **3 tbsp rice wine vinegar**, **1 tbsp sweet chilli sauce** and **1/4 cup water**. Season with **1 tbsp soy sauce**.



3. COOK JACKFRUIT

Drain the jackfruit. Heat a frypan over medium high heat with **oil**. Finely slice lemongrass (see notes), add to pan with jackfruit, **2 tbsp soy sauce**, **1 tbsp sweet chilli sauce** (see notes) and **3/4 cup water**. Cover with lid and cook for 10 minutes.



4. PULL THE JACKFRUIT

Stir the the jackfruit, then use two forks to shred.



5. ASSEMBLE THE ROLLS

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



6. FINISH AND PLATE

Cut rolls in half, divide evenly among plates and serve 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**

