



### Product Spotlight: Ginger

Ginger has several health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add it to hot water for a delicious herbal tea.



## Teriyaki Chicken Summer Rolls

Fresh rice paper rolls filled with vermicelli noodles, tender teriyaki chicken and vegetables for crunch, served with a sweet and savoury ginger dipping sauce.

 35 minutes

 2 servings

 Chicken

## Great for lunch boxes!

*You can make these ahead of time ready for lunch the next day! The sauce can be switched with a sweet chilli and lime dipping sauce or hoisin sauce if preferred.*

Per serve: **PROTEIN** 46g **TOTAL FAT** 23g **CARBOHYDRATES** 109g

## FROM YOUR BOX

RICE VERMICELLI	150g
CHICKEN STIR-FRY STRIPS	300g
TERIYAKI SAUCE	1 sachet (50g)
AVOCADO	1
CARROT	1
LEBANESE CUCUMBER	1
MIXED SESAME SEEDS	1 packet
GINGER	1 piece
RICE PAPER ROUNDS	1 packet

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can toast the sesame seeds if preferred.

Use warm water to soak the rice paper rounds as it softens them quicker. You can place all the ingredients at the table and get everyone to assemble their own rice paper rolls.



Scan the QR code to watch how we made it!



### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions. Drain and rinse well with cold water to stop the cooking process.



### 2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Add **chicken** and cook for 5 minutes until starting to brown. Stir in **teriyaki sauce** and cook for a further 2-3 minutes until cooked through. Take off heat.



### 3. PREPARE THE FILLINGS

Slice **avocado**, julienne or ribbon **carrot** using a vegetable peeler. Cut **cucumber** into thin batons. Set aside with **sesame seeds** (see notes).



### 4. PREPARE DIPPING SAUCE

Peel and grate **ginger**. Combine with **2 tbsp soy sauce**, **2 tbsp vinegar**, **1 tbsp sugar** and **2 tbsp water**.



### 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. Sprinkle with **sesame seeds**, fill with **noodles**, **chicken** and **fillings**. Fold in ends and roll to wrap firmly. Repeat with remaining fillings.



### 6. FINISH AND SERVE

Serve **rolls** with **dipping sauce** (cut rolls in half if preferred).

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

