



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



4 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	TOTAL FAT	CARBOHYDRATES
	37g	12g	71g

FROM YOUR BOX

RICE VERMICELLI	150g
CHICKEN STIR-FRY STRIPS	600g
TERIYAKI SAUCE	2 x 50g
AVOCADO	1
CARROT	1
LEBANESE CUCUMBERS	2
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.



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 **cucumbers** into 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**.



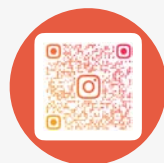
5. ASSEMBLE THE ROLLS

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).



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