

# Vietnamese Rice Paper Rolls

Traffic light category: **Green**

Serves: 8

## Ingredients

- 8 rice paper sheets
- 2 cups of shredded mixed vegetables such as: fresh beetroot, carrot, bean sprouts, snow peas, red cabbage or avocado
- ½ cup mint or coriander leaves
- 8 thin slices of cooked skinless chicken breast
- 4 teaspoons sweet chilli sauce

## Method

1. Pass rice paper through warm water, and lay flat on a chopping board
2. Mix all vegetables and herbs in a large bowl
3. Spoon approx 2 Tbsp of mixed vegetables onto rice paper, just below the centre
4. Place a slice of chicken and ½ teaspoon of sweet chilli sauce onto the vegetables
5. Fold the bottom of the rice paper up to cover filling
6. Fold in each side and roll.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	363.6kJ	529.6kJ
Protein	3.7g	5.3g
Total fat	0.5g	0.8g
Saturated fat	0.1g	0.2g
Carbohydrate	16.1g	23.5g
Sugars	3.3g	4.9g
Dietary fibre	1.3g	1.8g
Sodium	308mg	449mg



*Supporting healthy choices*

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