

The Sailing Chef

SPRING ROLL

Ingredients:

- 1 package spring roll rice paper
- 2 package vermicelli rice noodles
- 250 gr of chicken breast sliced and marinated in teriaki sauce
- 1 large carrot , peeled and shredded or sliced into thin strips
- 1 large English cucumber , peeled and thinly sliced
- 1 romaine lettuce leaf
- 1 bunch of fresh beans sprouts
- 1 bunch fresh mint leaves
- 1 bunch fresh basil leaves
- 1 bunch fresh cilantro

Preparation:

Cook vermicelli noodles in boiling water, for just a few minutes, according to package instructions. Drain and rinse with cold water.

Gather all topping ingredients together, including chopped veggies, herbs, cooked shrimp.

Add about 1 inch of water to a large, deep dish, or pie pan. Place one rice wrapper into the water and let soak for just 10-15 seconds. It should still feel pretty firm as you remove it and lay it on your counter or plate.

(It will soften up as you add the filling ingredients, but if you let it soak for too long it will get too soft and will tear when you roll it up.)

Layer 1-2 slices of each veggie, a few shrimp, a few leaves of each herb and a pinch of noodles on the 1/3 of the spring roll that is closest to you.

Fold the sides of the spring roll in over the ingredients. Then pull the side closest to you up and over the ingredients, sealing everything together tightly, and rolling it up like a burrito

For the peanut sauce

- 3/4 cup sweet chili sauce
- 1/3 cup peanut butter , smooth or crunch
- 1/2 teaspoon low-sodium soy sauce
- 1/2 teaspoon hoisin sauce

