

# RICE PAPER ROLLS

Makes 12 rolls

Per Roll Calories 119 Fat3g Carbohydrates16g Fiber1g Protein7g

## INGREDIENTS

- 2 cups shredded cooked chicken
- 200 g lettuce leaves,
- 1 large carrot, cut into thin strips
- 1 small cucumber, finely sliced
- 100 g rice noodles, prepared as per packet directions
- 1/2 cup fresh mint (or coriander) leaves
- Optional 1 Avocado cut into slices
- 12, 20 cm round rice paper sheets

## DIRECTIONS

1. Fill a large bowl with hot (not boiling) water. Dip rice paper sheets (one at a time) in water and leave it to soften for about 30 seconds. Remove, and place it on a flat work surface.
2. Place a lettuce leaf in the bottom middle of the sheet
3. Place chicken, cooled cooked noodles and vegetables on top of the lettuce, roll the filling in the lettuce
4. Fold the sides of the wrapper over the filling, and roll from the bottom to enclose the mixture. Continue with the rest of the wrappers and fillings. Set aside.
5. Note that rice paper rolls tend to dry out in the refrigerator, wrap each roll individually in glad wrap before storing in an airtight container in the fridge - they can keep for 2-3 days
6. Kewpie sesame mayo is an excellent dipping sauce!