

Rice paper rolls

With omelette, and nasturtium flowers.



Makes approx. 30 small rolls

Ingredients

- 30 small round rice paper sheets
- 250g vermicelli noodles
- 2 cucumbers
- 2 carrots
- 1 cup fresh coriander leaves
- Fresh nasturtium flowers (or calendula petals)
- 1 fresh lettuce
- 6 eggs
- 2-3 spring onions
- 1 tbsp Soy sauce
- 2 tbsp vegetable oil
- 4 tbsp Hoisin sauce, for dipping

Equipment Needed

- Large frying pan
- Medium mixing bowl
- Large mixing bowl
- Small bowls for dipping sauce
- Whisk
- Chopping board & non-slip mat
- Knife
- Measuring cups and spoons
- Egg lifter
- Large shallow bowl
- Salad spinner
- Clean scissors
- Sieve or colander.
- Clean, damp tea towel

Notes

A variety of fresh salad ingredients, herbs and veggies can be sliced up and used in these rolls, depending on what you have around. You can also add in shredded cooked chicken, tofu etc instead of the eggs.

Method

To prepare the fillings:

- Place vermicelli noodles into a bowl. Cover with boiling water (ask an adult to do this) and allow to soak for 10 mins or until soft. Drain into a sieve and place noodles back into bowl. Chop with clean scissors.
- Peel the carrots and chop finely into thin, short sticks (approx. 6cm).
- Wash and pat dry the cucumbers. Chop into sticks the same size as the carrot sticks.
- Wash and pat dry the coriander. Pick off the leaves.
- Wash and spin dry the lettuce and nasturtium flowers. Leave flowers whole. Finely slice the lettuce.
- Wash and pat dry the spring onions. Chop very finely.
- Crack eggs into medium mixing bowl. Whisk together with the soy sauce and spring onions.
- Heat oil in frying pan and pour in egg mix. Cook over medium-high heat until the egg sets and looks like a big omelette. Slide omelette out of frying pan onto a chopping board, cut in half, and slice into strips.

To assemble the rice paper rolls:

- Set out all the prepared fillings on a platter for each table.
- Place dipping sauce in 1 small bowl for each table, ready for serving.
- Half fill the shallow bowl with warm water. Dip 1 rice paper at a time into the water for about 10 seconds, then lift out and lay flat onto a damp tea towel.
- Lay down the flowers/edible petals about 3cm from the bottom of the rice paper. Top with a little of each of the fillings.
- Fold up the bottom of the rice paper, then the sides, then roll it up to neatly enclose the filling. Repeat for all the rice paper rolls.

Don't forget to clean up! 😊

Recipe credit: Stephanie Alexander Kitchen Garden Foundation. Photo credit: goodfood.com.au