

SPRING ROLLS WITH PEANUT DIPPING SAUCE

Ingredients – Peanut Dipping Sauce

- 4 Tbsp peanut butter, preferably smooth (crunchy is ok too)
- 4 tsp ginger
- 4 garlic clove, minced
- 4 tsp soy sauce
- 2 tsp sesame oil (or tamari for gluten free)
- 2 tsp honey
- 3 tbsp white vinegar (or lime juice), add more for tangier sauce
- 3 Tbsp hot water (plus more as needed for desired consistency)
- 1 1/2 tsp crushed chilli, samba oelak or other chilli paste, adjust to taste (optional)

Ingredients – Rolls

- 8 sheets round rice paper
- Marinated tofu
- 8 lettuce leaves - use a lettuce with soft leaves, like Oak or Butter Lettuce

Choose your veggies and fruit:

- 1 bell pepper (preferably yellow, red or orange)
- 1 carrot (use peeler to create ribbons)
- 1 cucumber
- 2 avocados
- 1 zucchini
- 1 mango, thinly sliced
- 16 mint leaves

Cost

Rolls cost \$15.24 and sauce costs \$4.66.
Total recipe is \$19.90 or \$4.98 for four servings (two spring rolls and sauce)

Rooted Nutritional Nugget

Such a fun and delicious way to increase plant diversity in our diets! What other fruits or veggies could you squeeze in there?

Makes 8 spring rolls
Vegan, gluten free options

Instructions

Peanut sauce

1. Mince ginger and garlic (by hand or in a food processor).
2. Combine the Peanut Dipping Sauce ingredients. Mix again until smooth.
3. Add water in small measurements to reach desired consistency. It should cling generously to spring roll, but not be so thick as to pull ingredients out of roll when dipped.
4. Adjust flavors to taste. Set aside to cool. Thickness can be adjusted with water once cooled.

Spring Rolls

1. Julienne carrot, pepper, and cucumber. Julienne or spiralize zucchini.
2. Peel avocado and slice thinly.
3. Wash lettuce and separate the leaves. Roll them into bundles to make the spring roll tighter.
4. Fill a large bowl with warm water. Dip one sheet of rice paper at a time. Remove just as it becomes soft.
5. In the middle of the rice paper, place tofu, then layer desired vegetables.
6. Fold the left and right edges of the rice paper in, then starting from the bottom, roll up to cover the lettuce bundle. Then keep rolling firmly. The rice paper is sticky, it will seal itself.
7. Serve immediately with the peanut dipping sauce.

