



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Rice paper rolls

*These rice paper rolls are a great way to use up bits of leftovers.
This recipe includes some little touches from Arabic, Chinese and Vietnamese cuisines.*

Ingredients for the filling:

Carrot	Sheets of rice paper (can be bought from supermarket)
Zucchini	
Chicken or prawns	
Mushroom	For the sauce:
Firm tofu	Thick soy sauce (Taiwanese) or dark soy sauce
Thai basil	Light tahini (hulled)
Mint	Lime juice
Chives	Fish sauce (or vegetarian fish sauce)
Walnuts	Fresh chillies, sliced thinly
Cooked rice noodles	Brown sugar

Preparation:

Keep the herbs in a glass of water until needed

Assemble the leftover veggies

Pickle the carrot and zucchini if limp (overnight or for a short period of time)

Cut the vegetables into small matchstick size pieces

Prepare the sauces:

Sauce 1: Thick soy sauce (Taiwanese) or dark soy sauce, and tahini

Sauce 2: A dash of lime juice, fish sauce, pinch of brown sugar, small fresh chillies (sliced)

Cut tofu into strips and fry in a pan

Slice mushrooms

Shred leftover cooked chicken

Steam prawns

Drain leftover cooked noodles, or soak dry noodles in boiling water for 5 minutes then drain

Finely chop some herbs

Crush and toast the walnut pieces

When the ingredients for the filling are ready you can start making the rolls

Dip a sheet of rice paper into warm water for a few seconds (wet both sides)

Place the fillings onto the rice paper all together as a thin strip

Fold both sides in and then roll up the rice paper away from you

Dip the rolls into the sauces and eat fresh

Recipe shared by Louie, Love Food Hate Waste workshop facilitator.



Ethnic Communities'
Council of NSW inc.