

BEANS

Vegetable Rolls with Chili Mayonnaise

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TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
15 min	15 min	24	\$0.33	119 kcal



Vegetable Rolls with Chili Mayonnaise might be just the American recipe you are searching for. This recipe makes 24 servings with 121 calories, 1g of protein, and 4g of fat each. For 33 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 24 servings Can be found at specialty Asian markets
- ☐ 6 butter lettuce leaves, ribs removed
- ☐ ½ cup Asian chili sauce
- ☐ 1 tablespoon fish sauce
- ☐ ¼ cup chopped fresh mint leaves
- ☐ 1 tablespoon fresh lemon juice
- ☐ 1 tablespoon brown sugar
- ☐ 1 large carrot, shredded
- ☐ 1½ cups cooked cellophane noodles or bean threads, cooled
- ☐ ¼ cup chopped fresh basil leaves
- ☐ 2 cloves garlic, minced
- ☐ ½ cup mayonnaise

☐ ½ red bell pepper, seeded, cored and cut into thin slices

☐ 6 rice paper rounds

☐ ½ yellow bell pepper, seeded, cored and cut into thin slices

EQUIPMENT Bowl, Paper towels, Mixing bowl

Method

- 1 Watch how to make this recipe.
- 2 For the Chili Mayonnaise: In a small bowl, mix together the mayonnaise, chili sauce, lemon juice, fish sauce, garlic, and brown sugar.
- 3 For the Vegetable
- 4 Rolls: In a medium mixing bowl, mix together the red bell pepper, yellow bell pepper, carrot, mint, and basil.
- 5 Add the Chili Mayonnaise and toss well.
- 6 Lay a damp kitchen or paper towel on a work surface. Soak a rice paper round in warm water for 20 to 30 seconds until softened.
- 7 Place the rice paper on the damp towel.
- 8 Lay a lettuce leaf in the middle of the rice paper and spoon some of the vegetable mixture on top.
- 9 Place 1/4 cup of the cellophane noodles on top of the vegetable mixture.
- 10 Roll the rice paper around the filling and seal the ends with a little water. Repeat with the remaining ingredients.
- 11 Store the finished vegetable rolls in the refrigerator for up to 6 hours wrapped in damp paper towels.

Nutrition per serving

119	1 g	4 g	21 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.6 g · 4% of daily needs
Fibre			0.6 g · 2% of daily needs
Sugar			1.6 g · 2% of daily needs
Sodium			197 mg · 9% of daily needs
Cholesterol			2.4 mg · 1% of daily needs
Vitamin C			9.6 mg · 12% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/vegetable-rolls-with-chili-mayonnaise-144909