



Vietnamese-Style Summer Rolls with Peanut Sauce

 Dairy Free

READY IN



50 min.

SERVINGS



16

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 boston lettuce leaves cut in half
- 2.3 teaspoons ginger/garlic paste
- 16 small cilantro leaves fresh
- 0.8 cup creamy peanut butter natural-style
- 1 medium cucumber english peeled cut into 1/4-by-1/4-by-2-1/2-inch sticks
- 32 medium mint leaves fresh (from 1 bunch)
- 1 medium garlic clove mashed

- 1 tablespoon granulated sugar
- 3 tablespoons hoisin sauce
- 2 tablespoons juice of lime freshly squeezed (from)
- 3 ounces mung bean sprouts
- 256 servings you will also need: parchment paper (8-1/)
- 4 ounces vermicelli dried
- 3 medium spring onion light white green quartered
- 2 serrano chiles seeds removed, and thinly sliced lengthwise into 32 pieces stemmed halved
- 0.5 teaspoon sesame oil toasted
- 1 pound shrimp deveined peeled
- 4.5 teaspoons soya sauce
- 32 basil fresh
- 0.3 cup water

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- knife
- whisk
- plastic wrap
- aluminum foil
- kitchen towels
- colander
- cutting board

Directions

- Whisk all of the ingredients together in a medium bowl; set aside. For the summer rolls: Bring a medium saucepan of water to a boil over high heat.
- Add the shrimp and cook until bright pink and just opaque, about 1 1/2 minutes.
- Drain in a colander and run under cold water until cool. Pat the shrimp dry with paper towels and place on a cutting board. Holding your knife parallel to the cutting board, halve each shrimp horizontally.
- Place in a medium bowl, cover with plastic wrap, and refrigerate. Cook the rice noodles according to the package directions.
- Drain and set aside.
- Place all of the ingredients in separate containers and arrange them in the following order around a work surface: rice paper wrappers, shrimp, rice noodles, bean sprouts, mint, basil, cilantro, serrano (if using), cucumber, scallions, and lettuce.
- Place a clean, damp kitchen towel on a work surface. Fill a medium frying pan or wide, shallow dish large enough to hold the rice paper wrappers with hot tap water. Working with 1 wrapper at a time, completely submerge the wrapper until it is soft and pliable, about 15 seconds.
- Remove the wrapper from the water and place it on the towel. Working quickly, lay 3 shrimp halves in a row, cut side up, just above the center of the wrapper, leaving about 1 inch of space on each side.
- Layer a scant 1/4 cup of the rice noodles over the shrimp, followed by a few bean sprouts, 2 of the mint leaves, 2 of the basil leaves, 1 sprig of cilantro, and 2 pieces of serrano, if using.
- Place 4 of the cucumber sticks and 2 of the scallion pieces on either side of the noodle pile.
- Roll one piece of lettuce into a cigar shape and place it on top of the noodle pile. Fold the bottom half of the rice paper wrapper over the filling. Holding the whole thing firmly in place, fold the sides of the wrapper in. Then, pressing firmly down to hold the folds in place, roll the entire wrapper horizontally up from the bottom to the top. Turn the roll so that the seam faces down and the row of shrimp faces up.
- Place it on a rimmed baking sheet and cover loosely with plastic wrap. Repeat with the remaining wrappers and fillings. Leave 3/4 inch between each summer roll on the sheet so they don't stick together, and replace the water in the pan or dish with hot tap water as needed. If not serving immediately, keep the summer rolls tightly covered with plastic wrap at room temperature for up to 2 hours.
- Serve with the peanut sauce for dipping. Beverage pairing: Thomas Fogarty Monterey Gewürztraminer, California. Gewürztraminers can be great food wines, as long as they're not too heavily perfumed and floral. That's why it can be good to go with a new-world Gewürz

over an Alsatian. This wine from California's Central Coast has beautiful flavors of ginger, white flowers, and lychee that make a nice foil for these toothsome summer rolls.

Nutrition Facts



PROTEIN 22.76% FAT 31.79% CARBS 45.45%

Properties

Glycemic Index:21.94, Glycemic Load:4.32, Inflammation Score:-6, Nutrition Score:8.7943478480953%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 190.62kcal (9.53%), Fat: 6.93g (10.66%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 20.58g (7.48%), Sugar: 3.62g (4.03%), Cholesterol: 47.17mg (15.72%), Sodium: 336.51mg (14.63%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 11.16g (22.33%), Vitamin K: 28.03µg (26.69%), Manganese: 0.44mg (22.03%), Phosphorus: 144.48mg (14.45%), Vitamin B3: 2.78mg (13.89%), Copper: 0.24mg (11.79%), Vitamin A: 569.83IU (11.4%), Magnesium: 44.12mg (11.03%), Folate: 41.65µg (10.41%), Selenium: 6.45µg (9.22%), Vitamin B1: 0.12mg (8.29%), Vitamin E: 1.22mg (8.12%), Iron: 1.44mg (7.98%), Potassium: 258.77mg (7.39%), Vitamin B2: 0.12mg (7.34%), Fiber: 1.71g (6.83%), Zinc: 1.01mg (6.72%), Vitamin C: 4.54mg (5.51%), Vitamin B6: 0.11mg (5.36%), Calcium: 52.23mg (5.22%), Vitamin B5: 0.26mg (2.55%)