



Everything But The Chef

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## Tofu Rice Paper Rolls with Chilli Soy Dressing

Sick of being stuck in the kitchen whilst everyone else relaxes? Never fear HF is here to help you out this week! Simply cut up all the vegetables and lay out on the table with all the other ingredients for the troops to make their own roll. The person to make the worst looking roll washes up!



30 mins



level 1



veggie



gluten free



Rice Paper Rolls



Lemon



Chilli



Ginger



Tofu



Carrot






Mint




Cucumber



Beansprouts

2P	4P	Ingredients
100 ml	200 ml	soy sauce*
1	2	lemon, juiced
1 tsp	2 tsp	sugar*
1	2	chilli, deseeded & diced 
1 knob	2 knobs	ginger, peeled & grated 
1 block	2 blocks	tofu, sliced
6	12	rice paper rolls
1	2	carrot, julienned
100 g	200 g	bean sprouts
1	2	cucumber, julienned 
1 bunch	2 bunches	mint, leaves picked

 May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	1860	Kj
Protein	30.4	g
Fat, total	23.2	g
-saturated	2.9	g
Carbohydrate	19.6	g
-sugars	4.5	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Stir together the **soy sauce**, **lemon juice**, **sugar**, **chilli**, and the **ginger** in a small dipping bowl.



**2** Heat some oil in a large frying pan over a medium-high heat. Pan fry the **tofu** for **2-3 minutes** on each side until golden and warmed through.

**3** In a kettle boil 500ml of water and add to a wide shallow bowl that will fit the **rice paper rolls**, let it cool a bit so you dont burn your fingers! Place one piece of rice paper into the warm water and soak until it becomes soft (this will take just seconds).

**3** Place the rice paper sheet on a plate, add the **carrot**, **tofu**, **beansprouts**, **cucumber** and **mint** into the left of the rice paper, like the illustration below. Fold one side over, followed by the opposite, and then wrap the roll up as tightly as possible - as long as the paper still has enough moisture it will stick, so try to work quickly!



**4** Cook's night off! Place all of the ingredients in the centre of the table and get everyone to roll their own paper roll. The person with the worst looking roll does the washing up! Dip your roll into the soy dressing and enjoy!

