

# Veggie Spring Roll

PREP TIME: 15-20 MIN | SERVINGS: 6-8

## INGREDIENTS:

- 50g (1.5 oz) dried vermicelli noodles
- Half bunch of mint or cilantro
- 1/4 of purple cabbage, shredded
- 1 bag shredded carrot
- 1 red bell pepper, cut into strips
- 1/2 of a cucumber, cut into strips
- Spring roll rice paper

## RECIPE NOTES:

- It's best to eat these fresh (day-of). You can always prep all of the fillings and then prepare rolls at meal times.
- If you don't have spring roll paper you can make yourself a noodle bowl!

## DIRECTIONS:

- Cook vermicelli noodles according to package directions.
- Wash and prep all produce/herbs.
- To assemble, dip the rice paper into a bowl of warm/hot water to moisten. Place on a plate, it'll soften as you put in the ingredients.
- Arrange mint/cilantro, cabbage, carrots, bell pepper, and cucumber and wrap, tucking in the sides then rolling up to a make a sealed spring roll.
- Repeat until all ingredients are used.

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RECIPE ADAPTED FROM  
COOKIEANDKATE.COM

# Shrimp Spring Roll

PREP TIME: 20 MIN | COOK TIME: 10 MIN | SERVINGS: 6-8

## INGREDIENTS:

- 10-11 cooked prawns/shrimp
- 1/2 tsp salt
- Half bunch of mint or cilantro, chopped
- 1 bag shredded carrot
- 6-8 lettuce leaves
- 50g/1.5 oz dried vermicelli noodles (optional)
- Spring roll rice paper

## RECIPE NOTES:

- Use precooked frozen shrimp to save time.
- Best enjoyed fresh (day-of)
- If you don't have spring roll paper you can make yourself a noodle bowl!

## DIRECTIONS:

- Cut shrimp lengthwise and devein.
- Boil 1-2 cups of water in a pot. Once boiling, add some salt and add shrimp. Cook shrimp until they are orange and reach an internal temp of 145° F.
- Cook vermicelli noodles according to package directions.
- Wash and prep all produce/herbs.
- To assemble, dip the rice paper into a bowl of warm/hot water to moisten. Place on a plate, it'll soften as you add the ingredients.
- Arrange lettuce, mint/cilantro, carrots, noodles, and shrimp and wrap, tucking in the sides then rolling up to make a sealed spring roll. Repeat until all ingredients are used.



RECIPE ADAPTED FROM  
RECIPETINEATS.COM



# Tofu Spring Roll

PREP TIME: 1 HR 30 MIN

COOK TIME: 15 MIN

SERVINGS: 6-8

## RECIPE NOTES:

- If using super firm tofu, skip the pressing step
- No rice paper rolls? Serve over vermicelli (rice) noodles
- Best enjoyed fresh, day-of
- Customize to your liking!

# Tofu Spring Roll

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## INGREDIENTS:

*For the tofu:*

- 1 block of extra-firm tofu
- 1/4 cup soy sauce
- 1 tsp sugar
- 1/2 tsp chili flakes
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1 Tbsp cooking oil + extra

*For the spring roll:*

- Half bunch of mint or cilantro, chopped
- 1/4 of purple cabbage, shredded
- 6-8 lettuce leaves
- 1 red bell pepper or 1/2 of a cucumber, cut into strips
- 1 bag shredded carrot
- Spring roll rice paper

## DIRECTIONS:

- Cut tofu into 6 slices widthwise and wrap in a tea towel or paper towel. Place something heavy on top and let drain for 10-20 minutes. Cut the sliced tofu into cubes and place in a bowl.
- Whisk soy sauce, sugar, chili flakes, garlic powder, salt, and a drizzle of cooking oil together. Pour over tofu; let marinate for up to 1 hour.
- Heat cooking oil in a pan over medium heat. Pan-fry tofu, turning onto each side, until heated through.
- Wash and prep all produce/herbs.
- To assemble, dip the rice paper into a bowl of warm/hot water to moisten. Place on a plate, it'll soften as you put in the ingredients.
- Arrange lettuce, mint leaves or cilantro, cabbage, carrots, and bell pepper and wrap, tucking in the sides then rolling up to make a sealed spring roll. Repeat until all ingredients are used.

# Peanut Dipping Sauce

PREP TIME: 10 MIN | SERVINGS: 4

## INGREDIENTS:

- 1/2 cup salted creamy peanut butter
- 1-2 Tbsp soy sauce or coconut aminos
- 1-2 Tbsp maple syrup or sweetener of choice
- 1 tsp chili garlic sauce or 1/4 tsp red pepper flake
- 2-3 Tbsp lime juice (1-2 limes)
- ~1/4 cup water (to thin out)

## DIRECTIONS:

- In a medium mixing bowl add peanut butter, soy sauce, maple syrup, chili sauce, and lime juice and whisk to combine.
- Add 1 Tbsp of water at time until sauce reaches a thick but pourable consistency.
- Taste and adjust seasonings as needed. If you add too much water and your sauce becomes too thin, add more peanut butter to thicken.



# Dipping Sauce (Option 2)

PREP TIME: 10 MIN | SERVINGS: 4

THE SECRET TO GREAT SPRING ROLLS IS THAT IT'S ALL ABOUT THE DIPPING SAUCE!

## INGREDIENTS:

- 1/2 cup mayo
- 1 Tbsp ketchup
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1/4 tsp cayenne
- 1/2 tsp salt
- 1-2 Tbsp water

## DIRECTIONS:

- Combine all ingredients except water in a small mixing bowl and stir together.
- Add water in one tablespoon at a time to thin out the sauce to your desired consistency.

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