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

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.

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!

RECIPE ADAPTED FROM COOKIEANDKATE.COM

@SFSTATECARES
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

DIRECTIONS:
- Cut shrimp lengthwise and de vein.
- 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 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!

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.

RECIPE ADAPTED FROM THEVIETVEGAN.COM
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.
THE SECRET TO GREAT SPRING ROLLS IS THAT IT’S ALL ABOUT THE DIPPING SAUCE!

Dipping Sauce (Option 2)

PREP TIME: 10 MIN  |  SERVINGS: 4

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.