



UCOOK

Vietnamese Springrolls & Salad

with vermicelli noodles & fresh herbs

A simple, fresh dinner of rice paper rolls stuffed with julienne carrot, cucumber, fresh coriander, fresh mint and vermicelli noodles. Served with a sweet and spicy dipping sauce. A perfect summer dinner!


Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Thea Richter

 Vegetarian

 Anthonij Rupert | Cape of Good Hope Altima Sauvignon Blanc

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Ingredients & Prep

3 cakes	Vermicelli Noodles
2	Limes <i>1½ zested & cut into wedges</i>
105ml	Dipping Sauce <i>(30ml Low Sodium Soy Sauce, 60ml Sweet Chilli Sauce & 15ml Sesame Oil)</i>
7,5ml	Dried Chilli Flakes
6	Rice Paper Wraps
8g	Fresh Mint <i>rinsed & picked</i>
12g	Fresh Coriander <i>rinsed & picked</i>
225g	Julienne Carrot
150g	Cucumber <i>sliced into thin matchsticks</i>
3	Spring Onions <i>finely sliced at an angle</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. OODLES OF NOODLES Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through some oil to prevent sticking.

2. DIPPING SAUCE In a small bowl, add the juice of 3 lime wedges, 15ml of a sweetener of choice and 30ml of water. Mix until the sweetener has fully dissolved. Add the dipping sauce and the chilli flakes (to taste). Mix until fully combined.

3. ALL TOGETHER NOW Once the noodles are cooked, fill a flat, shallow bowl with water. Soak each rice paper wrap in the water for about 1 minute, until pliable but not floppy. Lay each one flat on a chopping board. In the center of the wrap, top with some picked mint and coriander, some of the cooked noodles, some of the julienne carrot and some of the cucumber matchsticks. Drizzle over some of the dipping sauce. Once all the fillings are in the wrap, close the bottom and top halves of the wrap and fold the left and right sides inward. Then tightly roll the wrap closed.

4. FRESH SALAD Toss the remaining fillings together to create a fresh noodles salad. Drizzle on some of the dipping sauce and toss until coated.

5. FRESH SUMMERY DINNER Dish up the beautiful summer rice paper wraps and the fresh noodle salad. Sprinkle over the sliced spring onions and serve with the remaining dipping sauce. Get chomping, Chef!



Chef's Tip

If you have a mandolin, use it to slice your cucumber before cutting them into matchsticks. They take a good amount of time and effort to chop, so make prepping them easier!

Nutritional Information

Per 100g

Energy	607kj
Energy	145Kcal
Protein	1.1g
Carbs	29g
of which sugars	5.7g
Fibre	1.7g
Fat	2.7g
of which saturated	0.4g
Sodium	308mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within 2
Days