

# Friday Food Safari Rice Paper rolls



## Method

1. Cut tofu into 1.5 cm x 5 cm tofu strips.
2. Mix together sriracha sauce, soya sauce and brown sugar and marinate the strips of tofu for 20 – 30 minutes.
3. Chop all vegetable ingredients.
4. Cook vermicelli rice noodles according to instructions on the packet. Strain noodles.
5. Lay out grease proof oven paper on a tray and lay out tofu pieces. Reserve some of the marinade. Place in 190 degrees Celsius oven for 20 minutes or until they start to caramalise.
6. Mix remainder of marinade with hoisin sauce and add to cooked and strained noodles.
7. Prepare satay dipping sauce by mixing all ingredients. Set aside.
8. Once tofu is cooked and cooled you are ready to roll.
9. Fill a large bowl with warm water. Working with one wrapper at a time submerge it in water to soften for 10-30 seconds, then transfer to a clean, damp tea towel. Working quickly get a small amount of each ingredient and pile in the centre of the wrapper, fold in the end and roll to form a sealed cylinder.
10. Once you have completed each roll, place on a tray lined with baking paper and cover with a damp tea towel.

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## RICE PAPER ROLLS ARE A DELICIOUS SUMMER TIME MEAL OR SNACK

<b>DIFFICULTY</b>	Moderate
<b>PREP. TIME</b>	50 mins
<b>COOKING TIME</b>	20 mins
<b>SERVES</b>	12

## INGREDIENTS

- 1 packet of vermicelli noodles
- 12 rice paper roll sheets
- 2 carrots cut julienne style
- 1 cucumber cut into matchsticks
- Firm tofu 450 g packet
- Bunch of water spinach
- Vietnamese mint sugar
- 2 tablespoons of soya sauce
- 2 teaspoons of sriracha sauce or 1 teaspoon of chilli flakes
- 1 teaspoon of brown sugar
- 2 tablespoons of hoisin sauce
- SATAY DIPPING SAUCE**
- ½ onion finely chopped
- 2 cloves of garlic
- Garlic chives
- 1 small fresh chilli chopped
- 1/3 cup of peanut butter
- 1/3 cup hoisin sauce
- 2 tablespoons rice vinegar

## EQUIPMENT

- Chopping board
- Knife
- Small mixing bowl
- Large bowl for rice paper
- Oven tray
- Saucepan and strainer for cooking noodles

11. Serve with satay dipping sauce.

## Tips

This recipe uses tofu however, other protein sources can be used such as; chicken, haloumi cheese, omelette, prawns.

Depending on the season, use other vegetables; shredded cabbage, shredded nori paper, sprouts, capsicum.

Keep your work surface wet. This is the easiest way to keep them from sticking. Working on a damp tea towel can help with this.

Don't overfill, this causes breakage of the rice paper and will make wrapping much easier.

**THIS RECIPE WAS PROVIDED BY CHEF JASON NEWTON FROM MULTICULTURAL RESOURCE CENTRE BENDIGO'S FRIDAY FOOD SAFARI**

<http://lcms.org.au/fridayfoodsafari/>

