Thai No-Fry Spring Rolls

Source: Eat Vegan on $4 a Day by Ellen Jaffe Jones

Spring rolls taste so much better when they are not deep-fried. They also are so much cheaper when you make them at home. Here, tender rice paper wrappers contain a fresh filling, and the rolls are accented by a sweet-and-spicy dipping sauce.

About the Recipe

Calories · Protein · Fiber

Ingredients

Makes 4 Servings

- 8 large rice paper wrappers
- 1/4 napa cabbage
- 1/4 head romaine lettuce
- 1 carrot
- 10 basil leaves
- 4 tsp mint
- 4 Tbsp reduced-sodium soy sauce
- 2 Tbsp peanut butter
- 1 Tbsp rice vinegar
- 1 lime
- 1 green onion
- 2 sprigs cilantro
- 1/2 inch fresh ginger
- 1/8 tsp cayenne

Directions

1. Shred the vegetables into thin strips.
2. To make the spring rolls, pour warm water into a large, shallow bowl until it is half full. Soften each rice paper wrapper (large = about 8 1/2 inches or 21.6 cm) one at a time, until just pliable, by briefly immersing it in the warm water. (Do not allow the wrapper to absorb too much water, or it will be difficult to work with.) Transfer the wrapper to a plate.
3. Arrange about 1 tablespoon (15 mL) each of the cabbage, lettuce, and carrot and a pinch of the basil and mint in the lower third of the wrapper. Carefully fold the bottom edge of the wrapper over the filling. Fold in the sides and continue rolling up from the bottom. Place on a platter, seam side down. Repeat the process with each of the remaining wrappers.
4. To make the dipping sauce, combine the soy sauce, peanut butter (preferably natural and unsalted), vinegar, and 1 teaspoon of lime juice in a medium bowl and mix well with a fork. Thinly slice the green onions, chop cilantro, and grate the ginger. Stir in the green onion, cilantro, ginger, and cayenne and mix well.
5. Serve the spring rolls with the dipping sauce on the side.
6. Tip: Leftover dipping sauce would taste great on udon noodles, which can be found at any natural food store.