

# PACK YOUR PICNIC BASKET

## SUMMER SPRING ROLLS (FUN TO MAKE AND FUN TO EAT)

RECIPES BY: SHAUNNA LEINSTER, CULINARY NUTRITIONIST & PRIVATE CHEF

### INGREDIENTS

- 1 PACKAGE OF RICE PAPER WRAPPERS
  - ½ OF A CUCUMBER
  - 1 LARGE CARROT
  - ¼ OF A SMALL HEAD OF RED CABBAGE
  - 2 GREEN ONIONS
  - SMALL HANDFUL OF CILANTRO
  - 10 MINT LEAVES
  - A HEAD OF LEAF LETTUCE, OR BUTTER LETTUCE
- MISO SRIRACHA DIPPING SAUCE
- ¼ CUP OF BROWN RICE MISO
  - 2 TBSP OF WATER
  - 1 TBSP TAMARI
  - 1 TBSP SRIRACHA (OR, TO TASTE)
  - ½ TSP SESAME OIL

### PREPARATION

PREP THE FILLING BY CUTTING THE VEGGIES AND LAYING THEM ASIDE. CUT THE CUCUMBER AND CARROTS INTO MATCHSTICKS. TEAR THE MINT LEAVES INTO BITE SIZED PIECES. THINLY SLICE THE CABBAGE AND GREEN ONION. ROUGHLY CHOP THE CILANTRO. WASH AND DRY THE LEAF LETTUCE AND TEAR THEM IN HALF.

NOW IT'S TIME TO ASSEMBLE YOUR SPRING ROLLS.

GET A LARGE BOWL OF WARM WATER READY AND PLACE ONE RICE PAPER WRAPPER IN AT A TIME TO SOAK FOR ABOUT 30 SECONDS, OR UNTIL PLIABLE. PLACE THE WRAPPER ONTO A CLEAN KITCHEN TOWEL IN FRONT OF YOU. WHILE WORKING, BE SURE TO KEEP YOUR HANDS WET BECAUSE THE RICE PAPER GETS STICKY.

BEGIN BY PLACING A FEW OF EACH OF YOUR VEGGIES IN A LINE IN THE MIDDLE, SLIGHTLY BELOW THE HALFWAY POINT, LEAVING 1 INCH OF SPACE ON EITHER SIDE. I LIKE TO FINISH WITH THE LEAF LETTUCE AS IT COVERS THE REST OF THE VEGGIES, MAKING IT EASIER TO TUCK AND ROLL.

LIFT THE BOTTOM OF THE WRAPPER UP AND OVER TO FOLD OVER THE VEGGIES, TUCKING AS YOU GO.

AFTER MAKING THE FIRST ROLL ABOUT HALFWAY UP, FOLD THE SIDES IN. CONTINUE ROLLING UNTIL COMPLETE.

USING WET FINGERS, MOISTEN THE EDGE OF THE WRAPPER JUST BEFORE SEALING TO ENSURE IT STICKS.

WITH A WET SERRATED KNIFE, CAREFULLY SLICE THE ROLL ON THE BIAS. SERVE WITH MISO SRIRACHA DIPPING SAUCE BY WHISKING ALL INGREDIENTS IN A BOWL UNTIL COMBINED.

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